



Socializing: Getting Out There!

Challenge the Shame Mindset

- Many people feel self-conscious about weight, but **most people don't notice nearly as much as you fear.**
 - Focus on **what you bring to conversations**, not your appearance. Humor, curiosity, kindness, and listening are far more memorable than size.
 - Remind yourself: your **body does not define your worth or your ability to connect.**
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Leverage Interests

- Activities you enjoy provide a **built-in social icebreaker.** For example:
 - Cooking classes, board game nights, book clubs, creative workshops.
 - You'll meet people who **share interests**, which automatically reduces self-consciousness.
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Start Small

- Small, low-stakes interactions build confidence. Examples:
 - Ask a colleague about their weekend.
 - Join an online hobby group first, then try in-person events when you're more comfortable.
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Try "Active" Social Settings

- Moving while socializing can help you feel less self-conscious, so try walking groups, or fitness classes designed for all body types (dance, yoga).
 - You could seek out a volunteering role that involves action rather than just standing around
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Work on Self-Confidence

- Small wins can really help: smiling at people, making small talk, asking questions.
- Posture matters: standing tall, open body language, and eye contact signal confidence and help **internalize self-worth.**