



hope
in the midst of the struggle...
ophelia's place
“Revolution for Change”

What is the “Revolution for Change?”

It's a... Belief

Movement

Need

Ophelia's Place challenges you to join our “Revolution for Change”... everyday

Post it where you and others can see it

Look at it everyday

You have the power to choose

Revolutionize Your Self

Ask yourself

- What is my obsession with thinness costing me? Whose expectation of beauty am I trying to live up to? Am I listening to what my body needs?
- Does size really matter? After all is said and done, is anyone going to remember me for the size of my body?
- Why do I measure my self-worth by the numbers on a scale or the size of my clothes?

Here's what you can do

- Buy clothes that fit you today
- Throw away your scale
- Re-think the magazines you buy and read
- Accept a compliment
- Fat is NOT a feeling... go deeper inside yourself and get in touch with how you truly feel
- Ask people how they're feeling instead of commenting on how they look

Revolutionize Your Workplace

S – stop the diet talk!

T – tell someone if you or a colleague is struggling

O – offer support

P – put a plan-of-action together

Revolutionize Your Family

Are you

- Asking your children if you look fat? Constantly talking about your body and wanting to be thin? Modeling self-destructive behaviors, such as restricting food or bingeing?
- Commenting on your children's body? Enforcing “food rules” in the household?

Here's what you can do

- Provide a wide variety of foods, none being “good” or “bad,” encouraging balance
- Eat meals together
- Listen to what's not being said by your children
- Emphasize the importance of WHO they are, not what they look like

Revolutionize Your Community

Give back

- Your time: become a mentor or volunteer
- Your resources: offer financial support, your talent and skills

Contact Ophelia's Place. Together we can make a difference.

p.o. box 621 liverpool, new york 13088
(p)315.451.5544 (f)315.451.5557 www.opheliasplace.org

501(c)3 non-profit organization