

The Space We Make:

For Safe Language.

How to use supportive language around food, bodies, and eating.

Many phrases we say and hear can have unintended effects on how we feel about food, bodies, or eating. Being mindful of the language we use helps create safer spaces.

What gets said....

Your lunch looks healthy, good for you!

Have you lost weight? You look great!

I admire your willpower for not eating the cookies at the meeting!

You are so disciplined! I see that you go to the gym everyday.

What people may feel....

Does this place value on certain foods over others?

Can this make body size seem like a measure of success?

Could this make food feel like a challenge to overcome?

Does this tie personal health choices to performance or approval?



Mental Health
Commission
of Canada



Opening
Minds

If You Are in Distress

If you are in distress, you can call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.