

Five Instagram Accounts to Follow to Help You On Your Body Positivity Journey

So you've enjoyed the latest Speak of The Devil episode "Mussels" and want to make some headway on how to be more comfortable with your own body? Or is "Mussels" on your to-listen list and you simply want to know more about the episode's subject before diving in? This is the article for you!

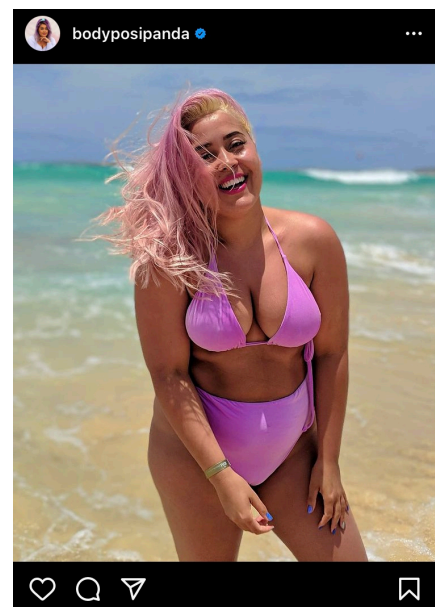
The internet can be an overwhelming place and #bodypositivity is scattered all over. If you dig a little deeper into the hashtag, there's an abundance of jargon to be found; fat liberation, intuitive eating, fat activism. The list goes on. But where should you start if you want to learn the ABCs of bopo? For me, writing Mussels was an accumulation of years of searching for not only more confidence in my own body but also for more neutral language to talk about it. Growing up in a society that makes you think that fat equals bad, there was certainly a lot of work to do. And as you can hear in "Mussels", for a lot of women, it certainly isn't a road without setbacks.

What has helped me a lot on this bumpy (and jiggy) journey is filling my Instagram feed with lots of content that brings forth the body positive message. Here are five accounts that have helped me hop over numerous stumbling blocks.

Megan Crabbe - Body Posi Panda

If you want to add a pop of colour to your feed, be sure to follow Megan Crabbe (@bodyposipanda). With her pastel coloured style and dancing-in-her-underwear videos, Megan's account is a perfect gateway drug to all the body positive goodness that the internet has to offer. In the few years that I have followed her, she has taught me that I'm not alive for the sole purpose of losing weight, that I'm worthy no matter my size, and to say 'fuck you' to the diet industry.

She makes all sorts of subjects like size prejudice, fatphobia, and intuitive eating easy to understand through fun, witty instagram posts. And if that isn't enough for you, Megan has also written a book called "Body Positive Power", where she recounts her story of being at war with her own body and finally learning to love it.



Sofie Hagen

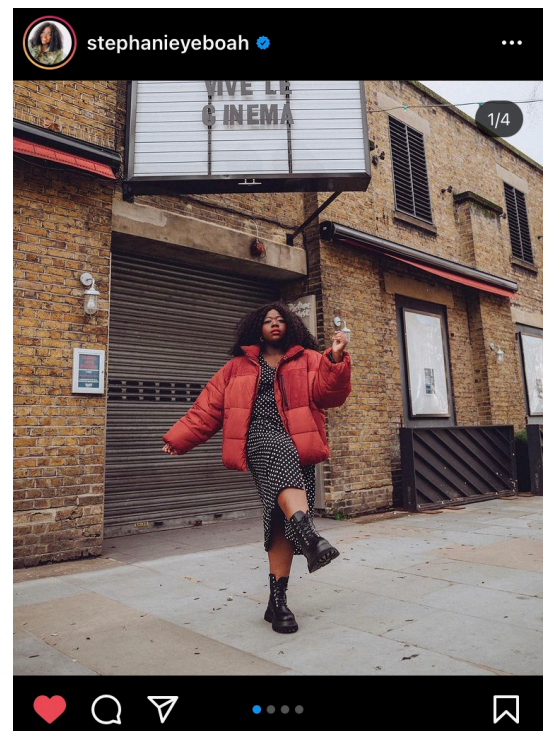


Now that you've eased into the bopo movement with Megan's encouraging messages of self-love, it's time to bring out the big guns. Sofie Hagen (@sofiehagendk) is a non-binary Danish comedian who's based in the UK, and they are on a personal war path with the diet industry. Sofie is a fat activist and, along with many other fat activists, is trying to reclaim the word fat as a neutral, descriptive term. Some people are short, some are long, and some are fat. It's not an insult, it's just a body type. Sofie has written a book on fat liberation called "Happy Fat", which contains tons of information on fatphobia and how it's imbedded in our culture. On their Instagram page, they'll often discuss other topics, such as mental health, politics and, of course, their dog Hank! So get ready for a whole lot of activism (and comedy!).

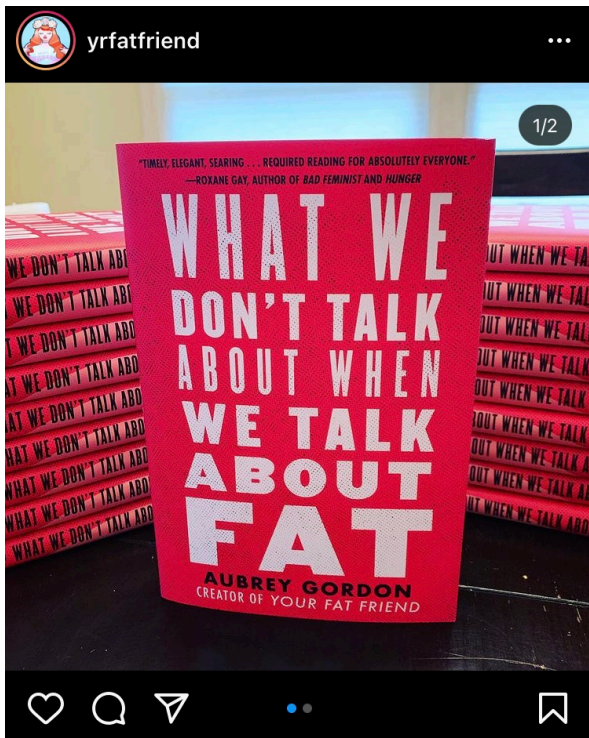
Stephanie Yeboah

Stephanie Yeboah (@stephanieyeboah) is a plus-size style blogger and a fat acceptance advocate. In her book "Fattily Ever After", she teaches us how systematic fatphobia and racism often go hand in hand and how she's been subjected to both throughout her life. She writes about how she found self-acceptance as a fat, black woman in a world filled with discrimination. It is fair to say that she's not only an important voice in the fat activism world but also in the Black Lives Matter movement.

On top of her eye opening arguments on black and fat bodies, feminism, and the patriarchy, there's her amazing sense of fashion to marvel at. Because who doesn't love some good content that's also aesthetically pleasing?



Your Fat Friend



Aubrey Gordon is Your Fat Friend (@yrfatfriend). Her collection of online essays provide a great understanding of what life is like as a fat person and the discriminations that go with it. Gordon claims she didn't join the body positivity movement for self-esteem. She pushes the conversation further and advocates for social justice, actively trying to change these discriminatory structures.

And also she has written a book on the topic (no, there's never enough books on fat activism); *What We Don't Talk About When We Talk About Fat* only just came out last November. Gordon reveals the cultural structures in our society that have resulted in fat people being denied basic needs, such as equal job opportunities, or equal access to health care. With this book, she tries to make a shift in the way we see fat bodies; not as unloveable failures, but as bodies that deserve to be treated with humanity and respect like any other.

Pixie Nutrition

Last but not least, Pixie Turner is a nutrition counsellor running her own clinic in London. She is determined to restore people's distorted relationship with food and a big advocate of intuitive eating. Through her podcast "In Bad Taste", and in her books (yes, multiple!), Pixie talks about society's relationship with food and its misconceptions of what is healthy. She sends out a very strong anti-diet message and strives to ease feelings of guilt and shame around food. Every Sunday, she runs a Q&A on her Instagram stories where she'll answer questions and debunk common food/dieting myths. As Pixie herself says; "sometimes comfort eating is beautiful and helpful", and don't we all need to hear that sometimes?



The search for body acceptance and the movement towards more social justice for fat people is hard work. And it can be exhausting and overwhelming. If you're still unsure

what the difference is between fat activism, fat liberation, or body positivity, trust me, I'm no expert either. For me, it's really all about three core thoughts; all bodies are good bodies, the diet industry is evil, and you do not owe anybody else beauty or health. These Instagram accounts provide bite-sized content to help you on your way to find your own version of body positivity, whether that looks like self-love, or hardcore activism.

All this to say, get a big bowl of your favourite food, put on some headphones and listen to "Mussels", a story about one woman's struggles with body positivity.