



Clothes Shopping for Recovery

There are millions of genetic variations of the human body's shape and size. Expect that your clothing needs will not fit into the standard sizes sold in stores. Even the stores are not standard with their definition of the measurements that constitute a certain size. Human bodies are also always changing. Set realistic expectations for your unique shape, size and changing body. What does this mean for your unique clothing, undergarment and foot wear choices? What fabrics, colors, patterns, fits and style do you love and do you not?

Create a plan to rebrand yourself and your closet for recovery

1. Enlist the help of a safe support person for this process and share this guide in advance!
2. Plan a closet cleanout. Make a keep, a donate and a resell pile and sort accordingly. Remove anything that doesn't fit, that you don't love or that is triggering or negative in anyway.
3. Make a list of one to three essential pieces to be replaced and start there.
4. Plan your shopping trip early in the day after your first meal of the day.
5. Accept help from an employee in the store. They are paid to know the clothing fit, styles and fabrics available. For example: "I'm looking for black work pants that have some stretch, are comfortable and come to my ankle. I don't like low rise or fitted styles. I need a range of sizes to try on."
6. Without looking at the size tag, try on higher sizes first and work down from there. (You may consider a higher size for a certain look or a more comfortable fit. Or you may want a higher size to best fit a curvier part of your body and have the rest tailored. Or a higher size may make sense for tight fitting styles.)
7. Close your eyes when you have each piece on and ask yourself if it fits right now and if it feels comfortable. Sit it in.
8. Take a look in the mirror to decide if you like it, without focusing on the size. After the purchase, consider cutting the tag out. You are so much more than a number.
9. Give yourself recovery time after shopping.

Resources:

- www.thredup.com
- Check out Project 333! It is the minimalist fashion challenge that invites you to dress with 33 items or less for 3 months.