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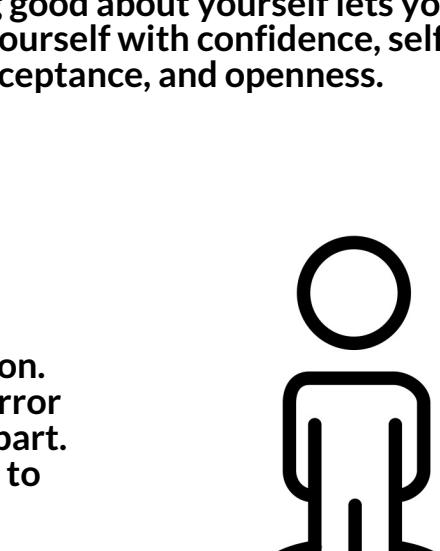
STEPS TO POSITIVE BODY IMAGE

Try these healthier ways of looking at yourself and your body. The more you practice them the better you should feel about yourself, who you are, and the body you have.

- 1** Appreciate all that your body can do. Every day your body does amazing things and helps you get closer to your dreams. Appreciate the ways that it helps you breathe, have fun, laugh, & meet new people.



- 2** Keep a top 10 list of things you like about yourself that are not related to how much you weigh or what you look like. Read it often and add to the list when you become aware of more things you like.



- 3**



Self-worth and what you have to offer is not tied to your body or your weight. Self-worth is not skin deep. Feeling good about yourself lets you carry yourself with confidence, self-acceptance, and openness.

- 4**

Look at yourself as a whole person. There is no need to look in the mirror and obsess about a specific body part. See yourself as you want others to see you, as a whole person.



- 5**

Surround yourself with positive people. People who are supportive and like you for who you are. People who recognize what you have to offer. It's easier to feel good about yourself.



- 6**

Don't dwell on the negative thoughts that tell you that something is wrong with you or your body. Don't give energy to worries about being a bad person. Refocus on positive thoughts and affirmations.

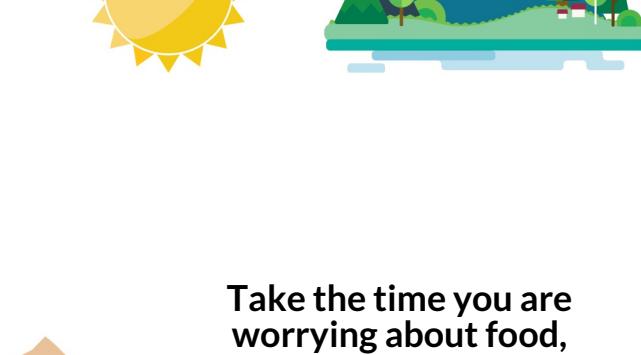
- 7**

Wear clothes that are comfortable and make you feel good about yourself and your body. Work with your body, not against it.



- 8**

Become a critical consumer of social and media messages. Pay attention to campaigns, ads, and slogans that make you feel bad about your body. Pay attention to whether or not the message is healthy or relevant to you.



- 10**

Do something nice for yourself and your body. Make sure you appreciate it. Take a bubble bath, find a peaceful place outside to relax, get a massage, sit in the sun, etc.



Take the time you are worrying about food, calories, and weight and do something to help others. Make a positive change on campus or in the community by reaching out and helping others. Not only will it help others but it will help you feel better about yourself.