

10 WAYS TO BUILD A BETTER BODY IMAGE

We all have days when we feel awkward or uncomfortable in our bodies. The key to developing a positive body image is to replace negative thoughts and feelings with positive, affirming and accepting ones.

1

BE BALANCED

Be good to your body by getting enough sleep, eating nutritious foods and being physically active.

2

BE POSITIVE

Focus on all the *amazing things your body* can do, not how it looks.

3

BE DIVERSE

Recognize that people naturally come in different shapes and sizes – *embrace what makes you unique.*

4

BE STYLISH

Wear clothes that make you *look and feel good* – no matter what your size.

5

BE PROUD

Make a list of your *positive qualities* that aren't related to your body or appearance.

6

BE SAVVY

Read books and magazines with *positive messages* that make you feel good about yourself.

7

BE SPECIAL

Take time to *pamper yourself.* You deserve it!

8

BE KIND

Avoid body-bashing. *Focus conversations on the positive traits* of yourself and others.

9

BE ACCEPTING

Challenge negative thoughts about your body. Try to be *less judgmental and more positive.*

10

BE INSPIRED

Think about the *people you admire.* Have they impacted you because of their looks or their accomplishments?

