

Healthy Body Image

- Wear clothes in which you feel comfortable.
- Cut labels out of clothes.
- Stay away from the scale.
- Before you look in the mirror, think optimistically.
- Stay away from fashion magazines.
- Make a “why I like myself list.”
- Talk to yourself in the mirror. Focus on what you like and remind yourself that *it’s okay* to like and appreciate what you see, no matter what size you are.
- Take time to do nice things for your body.
- Take risks to challenge yourself.
- Stay alert to fighting negative self-talk.
- Stay active.
- Ask for a hug when you need it.
- Protect the child in you.
- Remind yourself that the people who truly love you, love you for YOU, not for the way you look.
- Remind yourself that looking *healthy* is something positive.

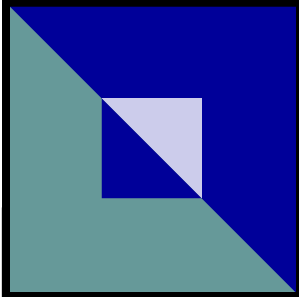
Remember the whole world...we are *all* different, and we’re supposed to be that way. It would be an incredibly boring world if we all looked exactly the same. It’s a truly special experience to look around and realize that everyone is beautiful, no matter what size, color or gender they are. There is beauty in everyone, and *that includes you!*

Taken from Something Fishy: a website on Eating Disorders.

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Ten Steps to a Positive Body Image

1. **Appreciate all that your body can do.** Celebrate all of the amazing things your body does for you– running, dancing, breathing, laughing, etc.
2. **Keep a “top ten” list of things you like about yourself–** things that are not related to how much you weigh or what you look like. Add to it as you become aware of more things you like about you.
3. **Beauty is a state of mind, not a state of body.** Remind yourself that “true beauty” is not simply skin deep.
4. **Look at yourself as a whole person.** When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you– as a whole person.
5. **Surround yourself with positive people.** It is easier to feel good about yourself and your body when you are around others who are supportive.
6. **Shut down negative voices inside your head** that tell you your body is not “right” or that you are a “bad” person. The positive thoughts can overpower the negative thoughts.
7. **Work with your body, not against it.** Wear clothes that are comfortable and that make you feel good about your body.
8. **Become a critical viewer of social and media messages.** Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body.
9. **Do something nice for yourself–** something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax.
10. **Do something to help others.** Use the time and energy that you might spend worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in the world.

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