Steps to Positive Body Image

- Appreciate what your body can do – dance, breath, laugh, dream, etc.

- Keep a list of all the things you like about yourself that are NOT related to your weight & appearance – add to it often.

- Remember that beauty is a state of mind – when you feel good about yourself & are confident it makes you beautiful.

- See yourself as a whole person – do not focus on specific body parts. When speaking about yourself or others, focus on character, not appearance or weight.

- Surround yourself with positive people & a range of realistic body images.

- Compliment your friends on what you like about who they are rather than what they look like.

- Overpower negative thoughts, telling you your body is not “right”, with positive ones.

- Avoid making negative comments about your own or other people’s bodies.

- Remember to work with your body - wear clothes that are comfortable & make you feel good.

- View social & media messages with a critical eye. Support organizations and magazines that promote people’s accomplishments rather than their appearance.

- Challenge myths & misconceptions about beauty ideals.

- Realize that the diet industry makes over a billion dollar a year by promoting misconceptions about health & weight.

- Educate yourself about the negative consequences of dieting and restricted food intake.

Check out www.bewell-dowell.org for more info