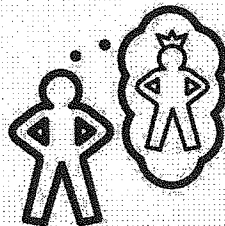


Let's practice body positivity!

List reasons why you love the parts of your body. Ex. "I love my nose because I can smell my favorite flowers."



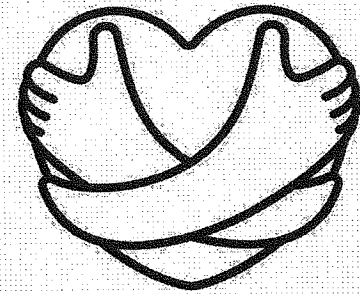
When you are struggling with your body image, try one of these ways to feel more confident and positive about your body.

- WRITE DOWN 5 THINGS YOUR BODY CAN DO
- TAKE CARE OF YOUR BODY
- DO SOMETHING YOU ENJOY
- SAY ALOUD WHY YOU LOVE YOUR BODY
- TREAT YOURSELF WITH KINDNESS
- TRY NOT TO COMPARE YOURSELF TO OTHERS
- TURN YOUR NEGATIVE THOUGHTS TO POSITIVE (Pay attention to your self talk & turn it around if needed.)
- USE POSITIVE SELF-TALK
- SAY BODY POSITIVE AFFIRMATIONS ("My body is healthy.")
- PRACTICE GRATITUDE FOR WHAT YOUR BODY CAN DO

"There is no wrong way to have a body."

- Glenn Marla

HOW TO BE BODY POSITIVE



ASK YOURSELF:

**WHAT'S
STRONG
WITH
ME?**

BODY POSITIVITY

is a state of feeling good about your body and feeling a sense of confidence about the body you are in.

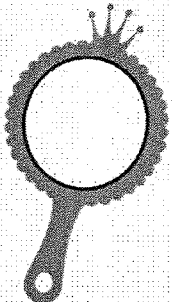
We can think positively or negatively about our bodies. How you see yourself and how you think others see you is called body image.

How often do you think negative things about your body?

Ex. "I hate the way I look."

How often do you think positive things about your body?

Ex. "I love how strong my body is!"



It is common to struggle with body image, no matter who you are, but there are lots of things you can do to help yourself feel good!

If you have a positive body image you:

- feel good in your body and with the way you look
- feel confident about the things your body can do
- want to take good care of your physical health
- feel good about how others see you

LET'S THINK!

What are some things you think or say about your body regularly? How could you flip those thoughts?

Give an example:

BODY POSITIVE CHECKLIST

Directions: Repeat each of the following statements. Check it off after you say each one ten times.

- My body is beautiful, just the way it is right now.
- Beauty comes in all shapes and sizes.
- Size doesn't define beauty.
- Style has no size.
- I am enough.
- I am not what others say about me.
- I make the rules for my body.
- All bodies are good.
- I will never shame anyone about their body.

