

## Feeling Good About Your Body

- Accept that bodies come in a variety of shapes and sizes. It makes us interesting!
- Notice and remind yourself what you like about your appearance.
- Challenge your negative thoughts and statements about yourself.
- Stop comparing yourself to others.
- Stop weighing yourself. Focus on how you feel.
- Don't criticize or comment on other people's appearance.
- Dress in ways that are comfortable for you.
- Move and enjoy your body – walking, dancing, yoga.....
- Surround yourself with people who have a healthy relationship with food, weight and their bodies.
- Learn to value all aspects about yourself – accomplishments, skills, values, relationships and interests. **You are much more than just a body!**