



EMBRACING BODY POSITIVITY & NEUTRALITY

Your body is amazing and unique!

Here are some tips to help you have a healthy relationship with your body through body positivity and body neutrality. Body positivity focuses on self-love and loving one's body; body neutrality is focused on how our bodies function.

Focus on what your body can do.

- Appreciate your body for its strength, flexibility and abilities.
- Do activities that make you feel good, like dancing, playing sports or hiking.

Challenge unrealistic beauty standards.

- Understand that beauty comes in all shapes, sizes and colors.
- Celebrate diversity and know that there's no "perfect" body type.

Practice self-compassion.

- Be kind to yourself, especially when times are hard.
- Treat yourself with the same kindness you would give a friend.

Listen to your body.

- Pay attention to your body's needs for rest, food and movement.
- Trust your body's signs that you are hungry, full and tired.

Limit comparison with others.

- Remember that what you see on social media is often unrealistic.

- Focus on your own journey and growth. Stop comparing yourself to others.
- Surround yourself with positive media that does not show an "ideal" body type.

Appreciate all aspects of yourself.

- Develop interests and talents that bring you joy and fulfillment.
- Value your personality, skills and accomplishments beyond your looks.

Surround yourself with supportive people.

- Make friends with people who appreciate you for who you are.
- Look for mentors or role models who promote body positivity and self-acceptance.

Practice mindful eating.

- Enjoy different kinds of foods that nourish your body and taste good.
- Listen to your body. Know when you are hungry or full.

Challenge negative self-talk.

- Replace critical thoughts with positive statements about your worth and abilities.
- Challenge messages that promote body shaming or negativity.

Seek help if needed.

- If you struggle with your body image or mental health, reach out to a trusted adult or medical provider for support.