

Develop

a

Positive

Body Image

Body Image is...

How you see yourself when you look in the mirror or when you picture yourself in your mind.

What you believe about your own appearance, including your memories, assumptions, and generalizations.

How you feel about your body, including your height, shape, and weight.

**How you sense and control your body as you move.
How you feel in your body, not just about your body.**

Positive Body Image is:

A clear, true perception of your shape-you see the various parts of your body as they really are.

You appreciate your natural body shape and you understand a person's physical appearance says very little about their character and value as a person.

You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories.

You feel comfortable and confident in your body.

Steps to a Positive Body Image

Keep a top-10 list of things you like about yourself-things that are not related to how much you weigh or what you look like.

Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who recognize the importance of liking yourself just as you naturally are.

Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it.

Become a critical viewer of social and media messages.

Do something nice for yourself.

Ways to Love Your Body

Create a list of people you admire. Consider whether their appearance was important to their success and accomplishments.

Find a method of exercise you enjoy and do it regularly. Exercise to make your body healthy and strong and because it makes you feel good.

Eat when you are hungry. Rest when you are tired. Surround yourself with people that remind you of your inner strength and beauty.

Don't let your weight or shape keep you from activities you enjoy.

Count your blessings, not your blemishes.

Negative Body Image is:

A distorted perception of your shape-you perceive parts of your body unlike they really are.

You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure.

You feel ashamed, self-conscious, and anxious about your body.

You feel uncomfortable and awkward in your body.