Tips to ***Shut Down the Shaming*** and ***Make Peace with Your Body***

1. Love and appreciate the body you have for all it **does** for you -- walking, dancing, breathing, laughing, dreaming, eating, etc. Every day your body carries you closer to your dreams.



1. Trust yourself. We all have internal systems designed to keep us healthy — and at a healthy weight. Support your body in naturally finding its appropriate weight by honoring its signals of hunger, fullness, and appetite. Eat when you’re hungry, stop when you’re full, and seek out pleasur­able and satisfying foods.
2. Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to connect with others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.
3. Find the joy in moving your body and becoming more physically vital in your everyday life. Exercise can look different for everyone! Listen to your body and do what feels right for you.
4. Stop labeling foods as “good” or “bad.” There is plenty of room for less nutritious choices in the context of an overall healthy diet and lifestyle.
5. A number on a scale is just your relationship to gravity. YOU get to decide your self worth, not a hunk of plastic and metal. Consider ditching the scale and using how you feel in your body as your guide.
6. Wear clothes that are comfortable and make you feel good. Honor your body by not pressuring it to fit into a certain number on a tag. Acknowledge that our bodies go through seasons and changes. Different sizes of clothing may fit at different times of the month/year, and that’s okay!

1. When you find yourself being critical of your body, remember that it is your one true **home**. Be kind to it. The next time you start to tear your body down, build it back up with some quick affirmations that work for you.
2. Reject the media-driven idea that certain attributes are “flaws” such as cellulite or stretch marks. These things are natural and people of all shapes, sizes, and genders can have them! They are in no way an indicator of fitness or health.
3. You **never** deserve to be body shamed by a partner, family member, friend, stranger, or anyone else. Your body is YOURS, and you deserve better.
4. Embrace body diversity. Humans come in a variety of sizes, shapes, colors, abilities, etc. Be open to the beauty found across the spectrum and support others in recognizing their unique attractiveness as you recognize yours.

**Mantras To Help You on Your Journey**

*Today, I will try to feed myself when I am hungry.*

*Today, I will try to be attentive to how foods taste and make me feel.*

*Today, I will try to choose foods that I like and that make me feel good.*

*Today, I will try to honor my body’s signals of fullness.*

*Today, I will try to find an enjoyable way to move my body.*

*Today, I will try to look kindly at my body and to treat it with love and respect.*

