

body image & body acceptance

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body image

- Is the way you THINK and FEEL about your body
- everyone has it—regardless of your gender or outward appearance
- Negative body image (or body dissatisfaction) involves feelings of shame, anxiety & self-consciousness

body image concerns start earlier than you think...



Children as young as 5 express dissatisfaction with their bodies.

At age 13, 53% of girls are "unhappy with their bodies." This grows to 78% by age 17.

signs of body image issues

- Distorted or rigid eating habits
- Obsessed with bodily appearance, weight or exercising
- Frequent self-critiques, feelings of shame
- Often compares oneself to others

body acceptance

- Relating to your body with respect, acceptance, and appreciation
- Is NOT about loving the way you look at all times
- Is about unhooking your body image from your value as a human being
- 3 types: body positivity, body neutrality & body liberation

body positivity

Encourages unconditional body love, no matter what it looks like

body neutrality

Acknowledges body love is not always realistic or attainable; liking your body is not a requirement for loving yourself

body liberation

Promotes inclusivity, body autonomy, fat acceptance, and size diversity

YOU ARE NOT ALONE

need help?

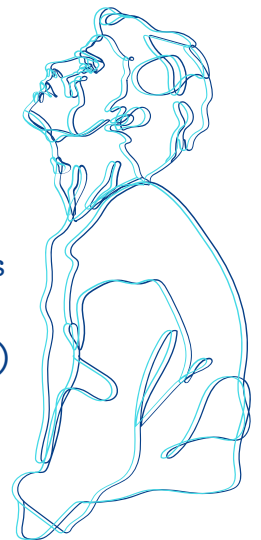
Call, chat, or text the National Eating Disorder Helpline at:

1-800-931-2237

boys struggle with body image too

3 out of 10 teenage boys use unhealthy weight loss practices (e.g. skipping meals, excessive exercise)

Many want to be thinner or have more bulk.



coping with a bad body image day

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Everyone has days when they don't feel great about their body. Try these tips to keep that bad day from turning into a bad week.

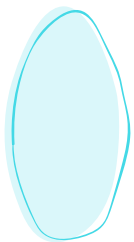
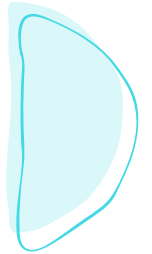


wear comfy clothes

When negative body image rears its nasty head, being as comfy as possible in our clothes is vital. Skip clothes that don't fit or will make you feel more self-conscious, and instead opt for your favorite outfits that make you feel comfortable. Work with your body, not against it!

Your body still needs movement and food today. Engage in joyful, gentle movement that makes you feel appreciative of what your body can do. Nourish your body with regular meals, snacks, and any food that makes you feel full and satisfied.

move and nourish



avoid the mirror

Of course you can still use the mirror when you need to, but try to avoid staring and overanalyzing today. When we're feeling down about our appearance, it's so much easier to focus in on every little thing we don't like. So walk past those mirrors today and spend more time looking at the world around you.

Avoiding social media altogether can be tough, so if you're going to use it on a tough body image day, proceed with caution. Unfollow or mute any accounts that focus on food restriction, fitness, or bodies, and instead focus on uplifting and empowering content. Trust your gut—if it makes you feel bad, it doesn't need to be on your feed.

be smart on social media



practice mindfulness

What mindful practices work for you? Meditate. Do some breath work. Listen to music. If you're feeling up to it, try journaling with this prompt in mind: What are you grateful for about your body? Focus not on how it looks, but on what it does for you day in and day out.

Remind yourself that "true beauty" is not simply skin-deep. When you accept yourself as a whole person, that openness makes you beautiful. Beauty is a state of mind, not a state of your body.

body affirmations

it's a bad day, not a bad life. you got this.

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