

# TIPS for...

## ACHIEVING A POSITIVE BODY IMAGE

Body image is how a person thinks and feels about themselves and their body. Body size, shape, weight, and appearance are all associated with body image. Often, we are our own worst critics and when social media promotes a certain type of body, we tend to not be kind to ourselves. Positive self-affirmations and healthy activities encourage us to move towards a healthy mindset and better self-esteem.

### What does it mean to have a positive body image?

1. You appreciate your body for how it looks and all that it does for you
2. You are aware of what your body needs and feels
3. You focus on positive body-related images and messages on social media and ignore the negative



**Remember:**  
you control how  
you feel.



### My Daily Affirmations

- I accept myself for all that I am, even if it is not what I see online
- I feel comfortable and happy in my body
- I know that it's okay to not feel 100% confident all the time
- I will focus on the positives rather than the negatives
- I know that beauty comes in many different forms

### Activities that Promote Body Positivity

Sometimes it's nice to put our phones down and find an activity that takes us away from online negativity

- Going to yoga - it's not about fitness, it's about exploring and tuning into your body
- Treating yourself to a warm bubble bath
- Wearing clothing that you feel comfortable and confident in
- Complimenting yourself and others!
- Meditating
- Reading a feel-good novel

