

PRACTICES FOR SHIFTING BODY IMAGE

Small changes can help you gradually move your body image from negative to neutral—or even positive. To get started, try these three practices.



1

Notice your self-talk

- Listen for the inner voice that makes negative comparisons of your body to others.
- When you compare yourself to others, ask yourself: is this helpful? Or does it trigger perfectionist thinking?
- Explore breaking a negative self-talk soundtrack by focusing on things that matter more, like time with loved ones or doing something you enjoy.

2

Practice body appreciation

- Trade your negative self-talk about certain body parts for an “appreciation list” of what those parts do for you (like: your legs take you where you need to go, or your arms make hugs possible).
- When negative talk arises, return to your appreciation list in your mind.
- Show your body it deserves kindness and care by treating it well. You could focus on giving it satisfying nourishment, hydration, and the sleep it needs.

3

Move mindfully

- Indulge your senses and experience your body in enjoyable, positive ways. For example:
 - Take pleasure in the way a good stretch loosens and relaxes you.
 - Tune in to the strong flex of your muscles when you lift something.
 - Feel the joy of movement or the power of your stride when you walk.