10 Ways to Feel Good About Your Body

1. Recognize that bodies come in all different sizes and shapes. There is no one “right” body size. See your body as a facet of your uniqueness and individuality.

2. If you start to think, “When I’m thin enough...” or, “If I were thinner...” catch yourself. Are you waiting for your body to be “right” before you give yourself permission to live a full life?

3. Become a critical viewer of social and media messages and resist images of how men and women are “supposed” to look. Remember that ads are meant to sell you something.

4. Know that you are much, much more than your body. Focus on the qualities in yourself that you like that are not related to appearance. Spend time developing these capacities rather than letting your appearance define your identity and your worth.

5. Appreciate all the amazing things that your body can do. Focus on the ways your body serves you and enables you to participate fully in life. For example, appreciate that your arms enable you to hold someone you love.

6. Treat your body with respect, giving it enough rest, fueling it with a variety of healthy foods, and listening to it with a sensitive ear. In that way, its needs can be known and addressed and its limits respected.

7. Exercise with caring for your body – not as a punishment for wayward flesh but for the joy of feeling your body move and grow strong.

8. Wear comfortable clothes that you like, that express your personal style, and that feel good to your body.

9. Surround yourself with positive people what are supportive and remind you of your inner strength and beauty.

10. Choose to find beauty in yourself and the world.