

Positive Body Image



What is **body image**?

Body image is a person's perception and feelings about their own physical appearance, including size, shape, and attractiveness.

How to Cultivate Positive Body Image



Practice self-compassion

Offer the same empathy and understanding you would offer a loved one.



Challenge negative thoughts

Notice negative beliefs about your body. Replace them with positive self-talk and affirmations.



Focus on health

Shift your focus from your outward appearance to what your body can do.



Seek positive influences

Surround yourself with people who support and uplift you. Limit exposure to negative influences (social media).

Body Positive Affirmations

My worth is not determined by my physical appearance.

I choose to focus on what my body can do, not what it looks like.

I love and accept my body, regardless of its physical characteristics.

I celebrate my unique body and reject beauty standards that exclude diverse bodies.

