CHARIHO Youth TASK FORCE

Let's learn to love our bodies for what they are - a tool. A tool that allows us to walk, to run, to dance, to do all the things we love. Let's thrive, celebrate, and appreciate!

EVERY BODY IS BEAUTIFUL.

#WhyILoveMyBodyWednesday

⊕ BODY POSITIVITY

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses:

- What you believe about your own appearance (including your memories, assumptions, and generalizations).
- How you feel about your body, including your height, shape, and weight.
- How you sense and control your body as you move. How you physically experience or feel in your body.

Many of us internalize messages starting at a young age that can lead to either positive or negative body image. Having a healthy body image is an important part of mental wellbeing and eating disorders prevention.

10 STEPS TO POSITIVE BODY IMAGE

One list cannot automatically tell you how to turn negative body thoughts into positive body image, but it can introduce you to healthier ways of looking at yourself and your body. The more you practice these new thought patterns, the better you will feel about who you are and the body you naturally have.

1. **Appreciate all that your body can do.** Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you—running, dancing, breathing, laughing, dreaming, etc.

2. **Keep a top-ten list of things you like about yourself—**things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about yourself.

3. **Remind yourself that "true beauty" is not simply skin-deep.** When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance, and openness that makes you beautiful. Beauty is a state of mind, not a state of your body.

4. **Look at yourself as a whole person.** When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you — as a whole person.

5. **Surround yourself with positive people.** It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.

6. **Shut down those voices in your head that tell you your body is not "right" or that you are a "bad" person.** You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.

7. **Wear clothes that are comfortable** and that make you feel good about your body. Work with your body, not against it.

8. **Become a critical viewer of social media messages.** Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages: write a letter to the advertiser or talk back to the image or message.

9. **Do something nice for yourself —** something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax.

10. **Making the effort to do positive things such as helping people will make you feel good about yourself and can give you a break from internal negativity.** Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.