

Quick Exercises to Practice Positive Body Image

These quick activities aim to promote the practice of positive body image which occurs when a person is able to accept, appreciate and respect their body.

Respecting your body can mean: eating when we're hungry, sleeping when we're tired, seeing a doctor (if you have access). It may include getting in touch and showing appreciation for your body while realizing how it looks is not all it is or who you are. Experiment with these activities and how they may make you feel.

Quick positive body image strategies:

- 1. Computer Exercise:** Close your eyes and imagine yourself sitting at a computer screen. See yourself typing a negative body thought on the screen. Hit delete and in its place type in something that shows either respect, appreciation, or acceptance of one's body image.
- 2. Clothes:** get rid of clothes that no longer fit you. You can donate them or simply pack them up and store them.
- 3. Scale Strategy:** Write the following statement on a piece of paper and tape it to your scale. "The number on this scale will not tell you: What a good person you are. How much your friends and family love you. That you are *kind, smart, funny and amazing* in ways numbers cannot define. (Replace with positive traits that you can relate to). That you have the power to choose to value your own self-worth.
- 4. Collecting Positive Body Experiences:** Think of a time you felt good in your body. Hold it in your mind for 20-30 seconds without getting distracted. This may be appreciating 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, etc.
- 5. Create a top 10 list of things you like about yourself:** Ask yourself what things 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.
- 6. Become a critical viewer of societal messages** Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body. Protest these messages if you feel comfortable.