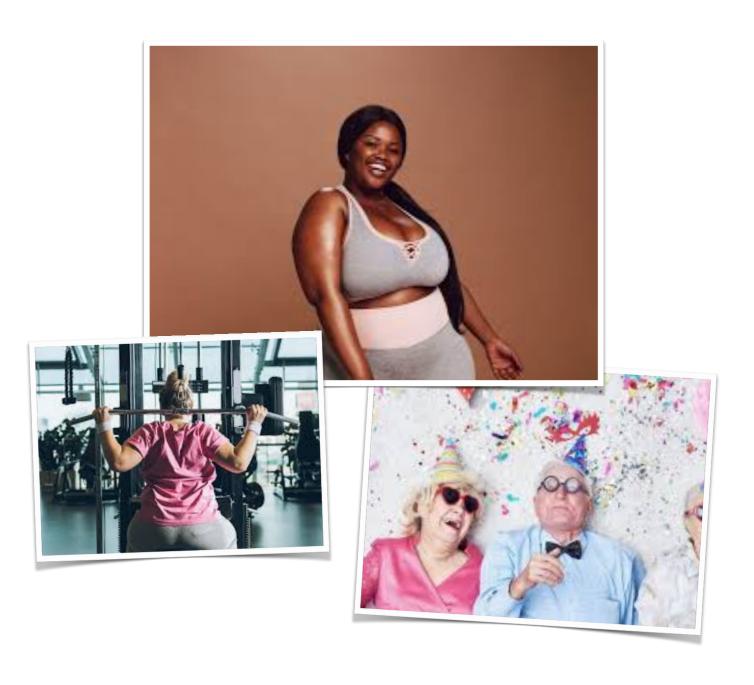
9 Ways to Celebrate Your Body

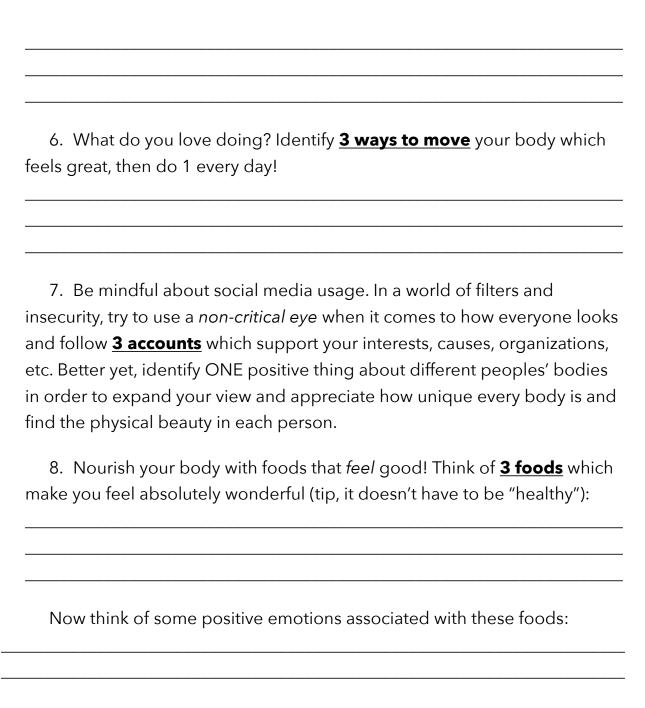


Body Positive Activities

NUTRIMENTAL HEALTHCARE

 What are <u>3 POSITIVE</u> things you can say about your body?
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negativity and allows you to see these beautiful things much more easily.
2. What is ONE thing that you can do TODAY to make your body feel worthy of time and attention?

- 3. Do you have at least one outfit or clothing item that makes you feel GORGEOUS? If you don't have anything that you feel comfortable wearing, it may be time to find a few items that fit well and support your confidence. Remember, there is nothing wrong with your body; there is a problem with the clothing industry.
- 4. How often do you see yourself naked? If the thought of this is uncomfortable in any way, try looking at yourself after a shower for short intervals of time until you are more comfortable. Expand on this by giving yourself **at least** one compliment about your body each time.
- 5. Think of <u>3 promises</u> you can make to your body to support positivity. Some examples are "I promise to get enough rest every night" or "I promise I won't compare you to other bodies".



9. Check your expectations when it comes to how your body "should" look. Ask yourself if your expectations are too high? Are they realistic? Attainable? Are your expectations yours or someone else's?