



WEEKLY NEWSLETTER



How to Be Kinder to Your Body, It's the Only One You have!

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Weight loss, fat phobia, fad diets, oh my! We live in a diet culture and are bombarded with messages about how to change our bodies. Unfortunately, we do not consume positive or neutral messages about our bodies. Sometimes trying to be positive or “love” your body seems too far-fetched or feels ingenuine because you don’t believe it. How about body neutrality? Anne Poirier defines body neutrality as focusing on what your body can do for you and not on the shape of it. Poirier suggests thinking about the purposes of body parts and building awareness around what makes your body feel its best. Your weight does not define your worth (read that again!). It’s okay to not love your body, the goal for body neutrality is to respect your body and tolerate it.

Tips to Improve Body Image:

1. Wear comfortable clothing. Donate clothes that do not fit.
2. Avoid negative body size or food talk. You can redirect the conversation to a more pleasant topic.
3. Name it! "I'm having a bad body image day" and refocus your self-talk on other parts of your identity that are more important.
4. Gratitude Journal- specifically about what your body is able to do. For example, "my legs allow me to walk my dog", "my body allowed me to give birth", "my hands allow me to paint".
5. Engage in movement that feels good. If you hate running, don't run. Play tennis or frisbee golf, practice yoga
6. Listen to your body. When you want to move, move. When you want to rest, rest.
7. Get rid of arbitrary rules! Who says you have to sweat during exercise for it to "count"? Who says you can't wear a bikini?

It is never too late to get started- practice some of these tips and see what happens. It might feel phony at first but with time, you can move from body hatred to acceptance. Maybe even love your body!

References:

<https://www.washingtonpost.com...>

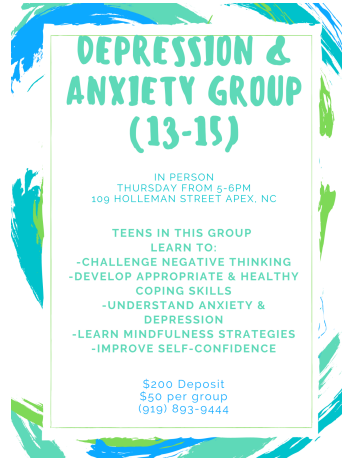
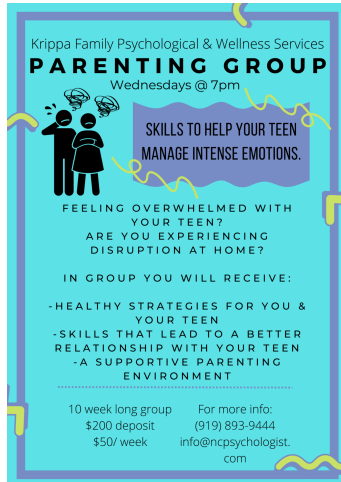
<https://www.healthline.com/hea...>

- Krippa Family Psychological & Wellness Services offers Group Therapy as well as Individual. Some of the groups we offer are:

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
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- Teen Anxiety & Depression Group (16-18)
- Teen Social Club
- Parenting Teens Support Group
- Intensive Outpatient Therapy

For information on Groups and Individual therapy, please call us



To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

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