**🌿 Body Neutrality & Self-Compassion Practice**

**The goal isn’t to love your body every day — it’s to stop waging war on it.** These exercises help shift focus from appearance to function, reduce shame, and strengthen your relationship with your body.

**🧠 1. Body Function Reflection**

Each day, list one thing your body *does* for you. This helps reframe your body as a living system that supports your life — not an object to be judged.

**Examples:**

* “My body lets me move through the day.”
* “It helps me hug people I care about.”
* “It feels emotions, which makes me human.”

**💌 2. Compassionate Letter to Your Body**

Write a short note to your body as if speaking from a wise, kind part of you. You can thank it, express care, or acknowledge struggles.

**Try starting with:**

* “Dear Body, I know I’ve been hard on you…”
* “Thank you for carrying me through…”

**🪞 3. Neutral Mirror Practice**

Spend 1–2 minutes looking in a mirror, simply observing without judgment.

**Say to yourself:**

* “This is my body today.”
* “This is how I look right now — and I’m allowed to exist like this.”

This builds tolerance and acceptance, rather than chasing perfection.

**💖 4. Self-Love Touch Exercise**

Gently place a hand on your heart or another part of your body where you feel safe. Take 3–5 deep breaths. Say to yourself:

* “You are doing your best.”
* “You are worthy of kindness.”
* “I’m here with you, and I won’t abandon you.”

This can be done daily or when feeling triggered, to activate warmth and safety.

**🎯 5. Living by Values**

Appearance changes — values last. Ask yourself:

* “What kind of person do I want to be, no matter what I look like?”
* “What matters most to me — kindness, creativity, helping others?”

**Action Step:** Choose one small action this week that reflects your values — not your appearance.