



## Cultivating Positive Body Image

Turning negative body thoughts into positive ones does not happen overnight. It is a continual process of the recovery journey. It requires patience to cultivate and relate to our bodies with higher regard. There are several ways to begin this process:

- ❖ Create a list of all the things you like about yourself that aren't related to weight or appearance.
- ❖ Imagine a life where you were at peace with yourself and your body. Create a collage in pictures of how your life would be different. This may include activities you have always wanted to do, but never have done, or simple desires.
- ❖ Think about all the things your body can do, and all the ways it assists you to accomplish simple to complex tasks on a daily basis. We often take for granted the miracle of life, and ability of our bodies to help us do things we enjoy...eg...*Listen* to our best friends, *See* a sunset, *Touch* a warm cozy blanket, *Smell* a flower, etc...
- ❖ Become educated about women's issues and critical viewer of media images and their influence on women in society. Advocate against television shows that mock or misrepresent eating disorders. Try reading *The Beauty Myth* by Naomi Wolff. Visit our online store to find this book at <http://www.myedhelp.com/store.htm>
- ❖ Take some time to nurture your body through mindful activities such as yoga or some form of meditation.
- ❖ Focus on the parts of your body image that you feel positive about.
- ❖ Surround yourself with people who see the best in you. It's easier to feel good about yourself when you are around others who are supportive and appreciate you.
- ❖ Notice the times when you feel more confident about yourself and your body, and recognize what you did different that day. Do more of what works. For example, if you found that spending more time laughing helped you focus less on body image, do more of that.

*Remember "True Beauty" is much deeper than physical appearance. True Beauty is the acceptance of our humanness, and utilizing our strengths in a positive way!*