16 TIPS TO HEALTHIER BODY IMAGE and FREEDOM FROM BODY SHAMING

1) Appreciate and write down what your body allows you to do every day.
2) Everytime you look in the mirror and point out a physical "flaw", counter it with at least one positive thing that you like about your appearance.
3) If you are stuck on a part of your body that you do not like, discover a new viewpoint about it that helps you appreciate it and thank it for what it has done for you.
4) Kick body shaming to the curb. Body shaming talk is contagious. If you notice it is happening, be brave and say something to stop it.
5) Be the voice of body positivity. Your friends and family will take note. *Young people will develop a positive body image when it is modeled to them.
6) Become a body positive advocate. When you see things in the media that support positive messages about body appreciation, speak up and spread the love and conversely become a "Media watchdog" through the National Eating Disorders Association and call out companies that foster and profit off body shame and self-hate.
7) Write down what you will get back in life if you start loving your body. How many more things will you have time for and get to do?
8) Treat your body with kindness and grace. Listen to what your body needs every day. Keep it nourished and hydrated, give it activity, provide it proper rest, and allow time for connection and pampering.
9) Negative thoughts are just that, thoughts. You don't have to believe everything you think.
10) All bodies deserve love, care, and attention. You don't have to be your "ideal" size to care about your body and do things that you love.
11) Healthy bodies come in all shapes and sizes. I repeat. Healthy bodies come in all shapes and sizes. ☺
12) Music can be healing and empowering. Find a song that captures the essence of what body positivity means to you.
13) Develop or find an affirmation that celebrates body positivity and review it daily.
14) Write inspiring body affirming messages where you can see them daily. (e.g. your bathroom mirror is a great place.)
15) Be patient with yourself. Learning to love your body is a process and well worth the wait. You are WORTH it.
16) Become media literate. Tips are on the blog. ☺

For more information on body appreciation, please contact me at drkerryluke@gmail.com or visit bodyappreciationandself-kindness.com. Please share your ideas too. Kindly, Kerry