BODY ACCEPTANCE STARTS WITH YOU!

EDCare
www.eatingdisorder.care

See yourself as a whole human being, rather than an object with certain physical characteristics.

Be aware of when you talk negatively about your size, shape, and appearance or someone elses.

Don't diet or weigh yourself.

Stop using your size or shape as a measure of your self-worth.

I FEEL GREAT!

Become more concerned with how you feel rather than how you look.

Focus on what your body can do instead of focusing on how it looks.

When in Conversation

Advocate for yourself! It is your right to respond to and correct negative comments you receive about your body.

Don't focus on appearance. Give compliments to others about who they are, qualities they have, or how they make you feel when you are around them.

Don't "talk numbers." Avoid mentioning weight, size, measurements or calories to fend off comparison.

Sources For Inspiration

WeStopHate.org | Proud2Bme.org | TheBodyPositive.org | BodyPosiPanda.com

NourishAndEat.Weebly.com | "Embrace" documentary | "Dove US" YouTube Channel

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Some Scary Statistics:

80% of 10-year-old girls have dieted

Young girls are **MORE AFRAID** of becoming fat than they are of nuclear war, cancer, or losing their parents

42% of women reported feeling worse about their bodies because of social media

Body Dissatisfaction in males has more than **TRIPLED** in the last 30 years

12% of teen boys have reported using supplements and/or steroids

For additional statistics, visit nationaleatingdisorders.org

Activities to Create Body Acceptance:

- Re-direct negative body talk, even if it's coming from your parents/elders
- Write yourself a body positive note & stick it on the mirror (in your dorm room, bathroom, gym)
- Wear an article of clothing or entire outfit that makes you feel GOOD. Don't look in the mirror before walking out the door!

- Find a "body anthem" song like "Fight Song" by Rachel Platten and "Brave" by Sarah Bareilles
- Make your own affirmation cards
- Identify a body part you love & why, Example: "I love how strong my legs are because they make me excel in my sport"

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Call for a free confidential assessment.

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