**Tips for Positive Body Image**

- Appreciate all that your body can do.
- Remind yourself of all you have accomplished.
- Follow social media accounts that make you feel good.
- Look at yourself as a whole person.
- Surround yourself with positive people.
- Wear clothes that make you feel good.
- Remind yourself that true beauty is not only skin deep.
- Treat yourself!
- Fight the voice in your head that says your body isn’t good enough.