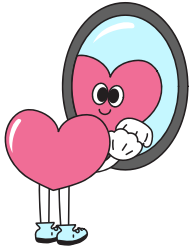




12 Body Image Healing Tools



Practice Self- Compassion: What are you saying to yourself about yourself? Would you say these things to a friend or your child? Come up with a compassionate statement to call on when your inner critic gets loud.



Repeat a Mantra: Whatever you find calming or empowering. I breathe in, I breathe out. I can and I will. Thank you. I am calm. I am loved. Courage, compassion, connection.



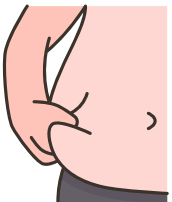
24 Hour Check-In: What has happened in the past 24 hours that might be affecting your body image? Sometimes negative body thoughts are a way of expressing discontent or inadequacy related to other issues in your life.



Gratitude: Identifying what you are grateful for = Positive vibes. Appreciate the health and functionality of your body. Thank your body for what it can do rather than what it looks like.



If-Then : If I looked the way I want to look, then_____. What would you do differently? How do you hope you will feel? What can you practice to cultivate the end result now?



Stop Body Checking : It's not helpful. Body checking reinforces body preoccupation and only makes you feel awful. Catch yourself and stop weight and shape checking. (mirrors, scales, judgmental touching)



Clean Up Your Social Media Feed: Who are you following? How much time do you spend on social media and how does it leave you feeling? Stop comparing. Take a break from it.



Your Life Values: How might connecting with your values support your healing? Aligning with your values creates behavior change.

Ex) Fun: What can your body do that would be fun?

Kindness: What can you do for your body that would be kind?



Clothing: Purchase clothes for your here and now body.

Putting off buying new clothes until you like your body better sends a powerful message to yourself about your self-worth, which affects your self-esteem.

Buy and wear clothes that feel comfortable and that you like.

Donate anything too tight or uncomfortable.



Letter To & From your Body: Have your body write a letter to you.

Really try to get into your body (especially the parts that you are struggling to accept) and express in writing what it wants to say to you about how it is feeling and what it wants and needs from you.

Now write back to it.

Do this a few times to help you reconnect to yourself.



Embodiment: Being in your body is one of the best ways to make peace with it. Be present in your body through yoga, stretching, walking, dancing or any movement that makes you feel good.

Connecting with your body heals.



Self-Acceptance: What would it be like to accept the fact that your body isn't something to fix? Surrender into acceptance through nourishing yourself, moving your body, practicing daily self-care and treating your body with respect. Recognize that people naturally come in different shapes and sizes. Appreciate the uniqueness of others as well as your own.



What is your purpose in life beyond seeing your body as a project to change? What is truly important to you and who do you want to be? Choose to focus on your strengths rather than your perceived flaws. Be patient and gentle with yourself; body image healing takes time.