BODY IMAGE AWARENESS

LOVE YOUR BODY!

What is having a positive body image?

* accepting and appreciating the whole of one's **body**, including how it looks and what it can do.

What influences body image?

|  |  |
| --- | --- |
| * + Culture | * + Friends |
| * + Tv/movies | * + Family |
| * + magazines | * + Media |

Tips to having a positive body image:

* Replace negative thoughts with positive ones!
* Make a list of your positive qualities & add to it when you find new ones.
* Do things you enjoy.
* surround yourself with positivity!

### **You don’t have to be perfect; you just have to be YOU!**