



## Respect Your Body

“Accept your genetic blueprint. Just as a person with a shoe size of eight would not expect to realistically squeeze into a size six, it is equally futile (and uncomfortable) to have a similar expectation about body size. But mostly, respect your body so you can feel better about who you are. It’s hard to reject the diet mentality if you are unrealistic and overly critical of your body size or shape. All bodies deserve dignity.”

Learning to accept and respect your body by caring for it as it is. Our bodies are what allow us to do everything that we want to do. Breathe, love, walk, smell, touch, hug...

**What negative views do you have about your body?**

**What would freedom from worrying about your body feel like? What new changes could take place in your life?**

**What feelings come up thinking about accepting your body as it is?**

### Ways to show your body respect

#### **Gratitude and Appreciation**

What about your body can you be grateful for? What can your body accomplish? Do you feel grateful for these abilities?

#### **Self-Care: “Show respect by routinely caring for your body in simple and straightforward ways”**

What do you currently do for self-care?

What simple act can you incorporate this week to show self-care? When and how often?



**Stop comparing yourself to others. We are not supposed to be the same.**

What are some qualities that are good about you?

**Do a closet detox of clothes that you do not like, that you do not feel good in. Wear comfortable clothes, buy new clothes.**

**Get rid of your scale: practice just feeling how your body feels (energy, fatigue, fullness, hunger, mood) is a way of taking care of your body and respecting it.**

What about this might be scary? How could it help you reach your goals and follow your values?

**What are some internal ways to check in with how your body feels?**

**What are practical steps you can take today to start improving body image?**