

Tips to Enhance Body Satisfaction

1. Read a variety of magazines such as news, travel, professional, or hobby magazines (e.g., crafts, skiing, architecture, music). Broaden your horizons!
2. If you read women's, fashion, fitness, or movie magazines, look at them more skeptically. Do they promote physical and emotional health? Do they depict all body types in equally positive ways? Do they celebrate the talent, creativity and character of the people they write about, or do they focus primarily on physical attributes?
3. Stop making food decisions based on fat grams or calorie counts. Select foods you enjoy and foods that are healthy.
4. Don't look in mirrors unless you are applying makeup or fixing your hair.
5. Don't look at your reflection in plate glass windows, store front windows, car windows, or full-length mirrors. Decrease your superficial focus on your body. This may help you decrease your body dissatisfaction.
6. Look at other women with appreciation. Notice how they use color or fabric. Notice creativity. Notice facial expression. Notice how they move. Notice how they interact. Notice the differences between women and children, men and children, the young and the elderly. Notice with appreciation, not criticism or envy.
7. Engage in activities you love. Do something you love every day - take a walk, read a good book, paint, sing, dig in your garden, play the piano, ride your bike. Never let your feelings about your body restrict you from activities you love.
8. Socialize. Go out with friends, join a club (not weight loss); share dinner with a family member. Don't let your feelings about your body isolate you from nourishing relationships.
9. Discard or give away all clothing that encourages you to be an unhealthy, low weight. Someone who has very little could use it. Keeping it will "keep you unhappy."
10. Take care of your body. Bathe, exercise moderately, use cosmetics and fragrances you love, stretch, rest, eat healthfully and moderately, get enough sleep, wear clothing that is comfortable and fits well.
11. Tell your body how you appreciate it. Revel in what your body can do (e.g., walk, talk, see, hear, "smell the roses"). Tell your body it deserves loving care whatever its size; then give it that care.
12. Don't let others criticize, denigrate, or hurt your body.



Do You Have a Healthy Body Image?

Circle the answer that best applies to you.

1) When I look in the mirror, I dislike what I see.	Always	Frequently	Sometimes	Never
2) I treat my body poorly as a result of my frustration with my physical appearance. (Example: I exercise to “punish” my body because I feel fat or didn’t perform well athletically.)	Always	Frequently	Sometimes	Never
3) I think of the worth of myself and my body in terms of appearance (example: I like myself because I look good today) not in terms of how it feels and what it does for me. (Example: I like myself because I am healthy and strong).	Always	Frequently	Sometimes	Never
4) Even when others tell me that I look fine, I think that they are lying.	Always	Frequently	Sometimes	Never
5) When I look in the mirror, I can’t help but concentrate on the parts of my body that I dislike or hate.	Always	Frequently	Sometimes	Never
6) I avoid social situations because of fear, self-consciousness, and anxiety associated with my body. (Example: I didn’t attend a pool party because of fear of wearing a bathing suit.)	Always	Frequently	Sometimes	Never
7) I feel uncomfortable being seen in revealing or tight clothes because I am uncomfortable with my body.	Always	Frequently	Sometimes	Never
8) I think that if I were thinner, then I’d be happy.	Always	Frequently	Sometimes	Never
9) I spend a large part of my time thinking about food, weight, calories, and/or appearance.	Always	Frequently	Sometimes	Never
10) I am afraid of gaining weight or being fat.	Always	Frequently	Sometimes	Never

If you answered “Always, Frequently, or Sometimes” to 3 or more questions, then you may be suffering from poor body image and low self-esteem. Don’t worry, you can reverse these negative feelings and start to feel good about yourself AND your body today! Read the “EveryBODY Deserves to be Loved!” handout, and get started!

If you answered “Never” to most of the questions, then it is likely that you have a healthy body image, but you could probably still benefit from reading and practicing “EveryBODY Deserves to be Loved!” After all, you can’t love your body too much - it’s the only one you’ve got!