

Positive image

is built on embracing yourself and others.

It is easy to get caught up in how society says we should look. Part of what makes us amazing is how different we all are. Here are ways to be more accepting of yourself and others, adopt a healthier self-view, and have confidence in who you are today.

- **Accept where you are right now.** It's OK to have body-related goals such as gaining/losing weight or building muscle. However, having goals should not come at the expense of embracing your current body shape and size, or your self-worth.
- **Embrace size diversity.** Individuals come in a variety of shapes and sizes. Valuing uniqueness is an empowering tool for respect of oneself and others. Avoid promoting unrealistic ideals and acknowledging these in the media.
- **Focus on health.** We expect a lot from our bodies, and we need to treat them with care and kindness. Attend to all dimensions of wellness. Remember, the goal is to feel good and not just to look good.
- **Trust yourself.** We have internal systems designed to help keep us healthy. Be mindful of your body and its cues. Honor your body's signals for hunger, fullness, and satiety.
- **Compliment beyond appearance.** Challenge yourself to go beyond the visual, honoring the whole person. Instead of commenting on someone's appearance, share a characteristic that you admire.



Wellness.IllinoisState.edu



**HEALTH PROMOTION
AND WELLNESS**
Illinois State University