

Body Positive Tips

“Appreciate
me for me”

Simple tips to help you look after yourself

CLEAN UP YOUR SOCIAL MEDIA - This includes unfollowing accounts/ pages which promote unhealthy diet products or make you feel negative about yourself.

YOUR CLOTHES - Remember that your clothes are supposed to fit you and not the other way around.

BODY POSITIVE MANTRAS - Write positives about yourself on sticky notes, then put them in places you look often to remind you how amazing you are.

YOUR SCALES - Remember you are more than a number and having a high body weight is not always a bad thing. When you exercise your body turns fat to muscle which can actually weigh more than fat so just remember when you're looking at the scales.

CREATE A HAPPY JAR - Every time you have a happy moment, memory or do something that you are proud of, write it down and put it in a jar, you can then use these positive experiences to cheer you up when you are having a bad day.

EXERCISE - Get at least 30 minutes a day if you can, even if it's just a brisk walk, the benefits of exercise and keeping fit are huge for your amazing body and mental health.

GET YOUR BEAUTY SLEEP - Remember to get enough sleep, your body needs 8-9 hours per day to help recover/rebuild in order to take on the day ahead.

WATER - Your body is made up of 80% water, so it's important to keep your body topped up throughout the day to help you function properly.

#itsoktobeyou
#changingperception
#everybodyisbeautiful



i decide
me
it's not just what
you
see