

Embracing your Body

1. Think of your body as the vehicle of your life, the vehicle to your dreams. Honor it. Respect It. Fuel it.
2. Create a list of all the things your body lets you do. Read it. Add to it often. View your body as a gift ~ a thing of wonder
3. Become aware of what your body can do each day. Remember it is the instrument of your life, not just an ornament.
4. See if you can treat your body as a beloved friend. A friend that you love, even with any and all it's faults it has.
5. Consider this: your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary ~ can you respect and appreciate it?
6. Consider this: What does being at "War" with your body do to you mentally and emotionally?
7. Every morning when you wake up, thank your body for resting & rejuvenating itself so you can enjoy the day.
8. Every evening when you go to bed, tell your body how much you appreciate what it has allowed you to do throughout the day.
9. Think back in your life when you felt good about your body. Embracing your body means you get to feel that again, even in this body, at this age.
10. Keep a list of 10 positive things about your self ~ perhaps adding to it daily.
11. Search for the beauty in the world and in yourself.
12. Find a method of exercise that you enjoy and do it regularly. Exercise for the three F's: Fun, Fitness, and Friendship.

Adapted from NEDA ~ National Eating Disorder Association