What is a Positive Body Image?

"…the perception that a person has of their physical self
and the thoughts and feelings that result from that perception."

It's made up of four aspects:

1. Perceptual body image: how you **see** your body
2. Affective body image: how you **feel** about your body
3. Cognitive body image: how you **think** about your body
4. Behavioral body image: the way you **behave** as a result

How do you feel about your body? If your anything like me, it depends on the day. With the constant deluge of advertisements for a specific body being the body we should all want and have; it can be very discouraging, and we can begin to feel bad about our bodies.

So how can we feel good about our bodies? This is a multi-layered subject for discussion but let me share some things with you that could help:

- STOP any social comparisons
- Focus on your positive qualities, skills, and talents.
- Say positive things to yourself every day
- Avoid negative or berating self-talk
- Focus on appreciating and respecting what your body can do
- Set positive, health-focused goals rather than weight loss-focused goals

If you are having one of those days and you are open to going deeper, here are some prompting questions that you can ask yourself to see if there is more going on inside that needs attention and healing:

- If my body could talk right now, what would it say?
- What do I need right now?
- What helps me feel more comfortable in my own skin?
- What does self-love mean to me? What does it look like?

Use your answers to help you shift your mindset to one of self-acceptance. Be gentle with yourself. One of my favorite quotes is ***"Be the person to yourself that you needed when you were younger".***

If you feel you are needing support around this, please reach out. I would welcome the opportunity to work with you.