BODY POSITIVITY STARTS WITH YOU!

EDCare
www.eatingdisorder.care

See yourself as a whole human being, rather than an object with certain physical characteristics.

Be aware of when you talk negatively about your size, shape, and appearance or someone elses.

Don't diet or weigh yourself.

Stop using your size or shape as a measure of your self-worth.

Become more concerned with how you feel rather than how you look.

Focus on what your body can do instead of focusing on how it looks.

When in Conversation

Advocate for yourself! It is your right to respond to and correct negative comments you receive about your body.

Don't focus on appearance. Give compliments to others about who they are, qualities they have, or how they make you feel when you are around them.

Don't "talk numbers." Avoid mentioning weight, size, measurements or calories to fend off comparison.

Sources For Inspiration

WeStopHate.org | Proud2Bme.org | TheBodyPositive.org | BodyPosiPanda.com

NourishAndEat.Weebly.com | "Embrace" documentary | "Dove US" YouTube Channel

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Some Scary Statistics:

80% of 10-year-old girls have dieted

Young girls are **MORE AFRAID** of becoming fat than they are of nuclear war, cancer, or losing their parents

42% of women reported feeling worse about their bodies because of social media

Body Dissatisfaction in males has more than **TRIPLED** in the last 30 years

12% of teen boys have reported using supplements and/or steroids

For additional statistics, visit nationaleatingdisorders.org

Activities to Create Body Positivity:

- Re-direct negative body talk, even if it's coming from your parents/elders
- Write yourself a body positive note & stick it on the mirror (in your dorm room, bathroom, gym)
- Wear an article of clothing or entire outfit that makes you feel GOOD. Don't look in the mirror before walking out the door!

- Find a "body anthem" song like "Fight Song" by Rachel Platten and "Brave" by Sarah Bareilles
- Make your own affirmation cards
- Identify a body part you love & why, Example: "I love how strong my legs are because they make me excel in my sport"

More Surprising Statistics on Social Media and the Pressure to "Fit" in:

THINSPIRATION SITES ARE DAMAGING!

"Thinspiration" sites and accounts aren't the only platforms that contain damaging information. A recent analysis of 50 "fitspiration" websites showed much of the language used was virtually indistinguishable from pro-anorexia sites. Both include strong language that promotes dieting, restrictive eating, and weight and fat stigmatization and guilt.

AGES: 28-73

60% ARE AFFECTED NEGATIVELY FROM SOCIAL MEDIA

A recent Huffington Post analysis of male and female social media users ages 28-73 found that 60% said these platforms have impacted their self-esteem in a negative way.

GIRLS AGES: 13-18

90%

FEEL PRESSURE FROM FASHION AND MEDIA INDUSTRIES TO BE SKINNY

In a 2018 survey conducted by the Girl Scouts of America over 1,000 girls ages 13 to 18, 90% said they felt pressure from the fashion and media industries to be skinny.

VS.

Social media can invite feelings of comparison and inadequacy. The International Journal of Eating Disorders discovered that women who were asked to browse Facebook for 20 minutes exhibited greater body dissatisfaction than a group that spent 20 minutes researching rainforest cats.

KIDS AGES: 8-18

7.5 HOURS

OF SOCIAL MEDIA / DAY

On an average day, American kids ages eight to 18 engage with some form of social media for 7.5 hours.

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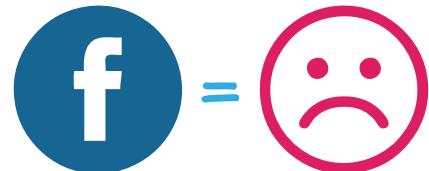
A University of Haifa study from 2011 found a correlation between greater amounts of time girls spent on Facebook and increased negative approaches to eating, urges to lose weight, poorer body image, and other conditions of anorexia and bulimia.

Social media has been found to have a negative impact on body image and self-esteem, particularly among girls and women. It's also been linked to increased feelings of anxiety and depression, as well as increased instances of bullying. That said, there are ways to use social media to improve self-image and body positivity.

Ways to Use Social Media to Improve Self-Image and Body Positivity:

Become familiar with the most popular body positive hashtags – use them, search them, and follow them: #effyourbeautystandards, #bodypositive, #allbodiesaregoodbodies, #celebratemysize, #rebelliousselflove, and many more.

#EFFYOURBEAUTYSTANDARDS
#BODYPOSITIVE
#ALLBODIESAREGOODBODIES
#CELEBRATEMYSIZE
#REBELLIOUSSELFLOVE
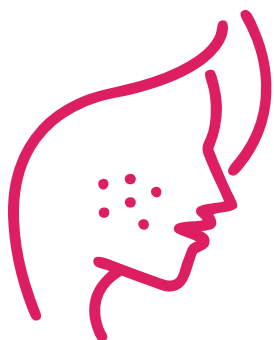
Don't forget that being body positive extends beyond body weight or a certain size! It's also about loving your freckles, your dimples, your body hair, your stretch marks, your scars, and everything else that makes you uniquely you. There are plenty of accounts and social media campaigns devoted to embracing these attributes, too.

Keep in mind, much of what you'll see on social media is not a 100% accurate representation of real life. Influencers DO use photoshop and other editing apps to attain unrealistic results. Take every image you see with a grain of salt!

HOAX

"A FLOWER DOES NOT THINK OF COMPETING WITH THE FLOWER NEXT TO IT. IT JUST BLOOMS."

Refuse to fall into the trap by comparing yourself to others. Recite this mantra: "A flower does not think of competing with the flower next to it. It just blooms."

Check in with yourself after spending time on social media: do you feel depressed, anxious, or dissatisfied? If so, re-evaluate how often you use these platforms and the ways in which you connect.

Always remember you have control over who you let into your virtual life. Do not be afraid to unfollow, block, or unplug altogether! Your feed should be a source of joy!

Social media comes with its dangers. Awareness is key, once you realize how images can be manipulaated and prey on your self-esteem, you can avoid inviting these influences into your life. On the flip side, social media can provide incredible ways to connect with a supportive community and spread positive messaging. Familiarizing yourself with truly body positive accounts and influencers can offer support to improve your own body image and help you to love yourself for exactly who you are.

But social media activities aren't the only way to focus on your body positivity.

These activities can also help change your relationship with your body, for the better:

Talk to yourself as if you were speaking to your best friend or a loved one. You'd never emotionally beat them up for how they look or what they eat! Treat yourself with kindness and try to curb judgments.

Ask yourself whether you're relying on others to boost your self-esteem. While compliments are nice, your confidence and acceptance must also come from within.

Give yourself 3 compliments per day. Be nice to yourself! At the beginning of every day, jot down a few things you like about yourself in that moment in time – whether it is your outfit, how your hair is styled, or something nice someone has said to you. Keep these as little reminders to boost your mood throughout the day!

Realize that your clothing size is just a number (and a very skewed one at that, given the history of women's clothing sizes in the United States!). Focus on how you feel in your clothes, rather than the size you take in a pair of pants or a top. If you feel comfortable and fabulous in your clothes, that's what matters. Cut out the size tags if you need to!

Write down positive qualities you possess that have nothing to do with your appearance and hang them up as reminders around your home (or keep them in your phone). While loving your body is important, your self-worth is FAR more than just your physicality. Don't forget to focus on your other traits, too!

Ban "fat talk" and recognize when you discuss others' bodies, as well as your own, in conversation. When you realize the conversation goes in this direction, switch topics completely. If you have friends who engage in this kind of talk, tell them why you feel it's important to break this habit; if they won't change, limit your time with them and surround yourself with positive people.

Treat your body like a temple. Do everything you can to pamper it, calm it, stretch it, luxuriate in it, and thank it for everything it allows you to do.

Acknowledge when you are "body checking" and work on breaking this habit.

Embracing body positivity isn't always easy, especially in today's digitally connected world. We all have our moments where we don't love ourselves 100%. Remember that self-love is a process; it takes work to change ingrained thinking and break these habits. By being gentle with yourself and surrounding yourself with positive images and thinking, you'll be well on your way to improving your self-image and truly embracing what makes you so special.

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