

Pro Tips For Feeling More Body Positive.

Watch less television.

Spend a little less time on the internet.

Cut down on reading "women's" magazines like Vogue, Cosmo, etcetera...

Think critically of the media you do consume.

Find media that shows people of all sizes, genders, and races.

If someone says something to you about your weight or your body let them know that is inappropriate and hurtful.

Stand up for others if you see them being put down for the way they look.

Check out these sites for ideas on finding a body positive attitude. (With a little research you can find sites with info even more specific to you.)

[www.nationaleatingdisorders.org/10-steps-positive-body-image](http://www.nationaleatingdisorders.org/10-steps-positive-body-image)

[www.healthyweightnetwork.com/size1.htm#esteem2a](http://www.healthyweightnetwork.com/size1.htm#esteem2a)

steem2a

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Also, you aren't alone.

with negative feelings

Lot's of people struggle

about their body or

looks.

Most of your friends will be able to relate.

Talk to your friends about this stuff

and support each other!

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You can be fat, thin, medium, short, tall, brown skinned, white, blonde, brunette, brown eyed, blue eyed, male, female, androgynous, trans, tattooed, hairy and a whole bunch of other stuff.

Hey there!

Sometimes it seems like there is a lot of pressure on everyone to look a certain way. Pressure to look skinny, or athletic, or tall, to have perfect hair and skin. Where the heck does all this pressure come from?

Unfortunately, it comes from lots of places, the media, society, family, friends, and our own brains.

Fortunately, you can make a choice to stop feeling pressured to look a specific way, you can stop trying to reach that made up ideal.

It takes practice to stop paying attention to the junk we are conned into believing is right.

But you can do it.

Your body is yours.

Be you!

"Don't change your body to get respect from society. Instead let's change society to respect our bodies." - Golda Poretsky

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The way you look is your business.

Your

body

is

YOURS.



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It hurts to constantly feel bad about yourself, or to feel pressure to be perfect. But you don't have to do it! It is hard work to shut out the voices of the mainstream media, of folks who feel privileged to remark on your body or looks, and your own little inner voice that has been trained to be so hard on yourself, but you can stop listening.

You are smart enough and tough enough to do it. (I bet you are even smart and tough enough to fight back against the systems that created these silly ideas of how we "should" look.)

How much time could you save if you didn't think so much about how to get thin or have "perfect" skin. How nice would it feel to embrace and love yourself right now - just the way you are?

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Empower yourself.

Be fierce.

Be your own cheerleader.

You deserve it.



Sometimes,

You Gotta

Be

Your Own

Cheerleader.



Thanks for reading. ~Carrie zinesforstudents@gmail.com