WELLNESS CENTER

Tips for a Healthy Body Image

Do

• Accept that bodies come in a variety of shapes and sizes. This is what makes us interesting!
• Remember that you may be your worst critic. Others may find you really attractive.
• Expect normal weekly and monthly changes in weight and shape.
• Explore your internal self, emotionally and spiritually. Also look at yourself as a growing, changing human being.
• Explore all the things you have to offer others: recognize your positive qualities.
• Decide how you wish to spend your energy: should pursuing the perfect image occupy most of your time, or would you rather enjoy the people and positive things in your life?
• Be aware of your own weight prejudice. Explore how those feelings may affect your self-esteem.

Don't

• Let your body define who or what you are. You are much more than just a body.
• Let obsession with your body keep you from getting closer to others or taking risks.
• Judge others on the basis of appearance, body size, or shape.
• Forget that society changes its ideas of beauty over the years.
• Believe that all thin people are happy with themselves.
• Forget that you are not alone in your pursuit of self-acceptance. It is a life-long process that many people struggle with.
• Be afraid to actually enjoy your body. Don't look at it as something that you are stuck with.

Resources

• National Eating Disorders Association web site: http://www.nationaleatingdisorders.org/
• Body Positive web site: http://www.bodypositive.com/
• Weight Control Information Network web site: http://win.niddk.nih.gov/

If you would like to consider Personal Counseling please contact:

Annamaria Silveri, PhD (313) 993-1459
Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of Emergency contact:

UDM Public Safety (313) 993-1123 or 911
or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202

Tips Inspired by Sarai Walker's "Building a Better Body Image" and "10 things you can do" from About-Face.org.

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