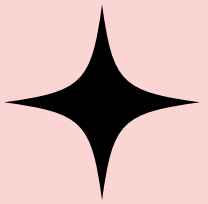
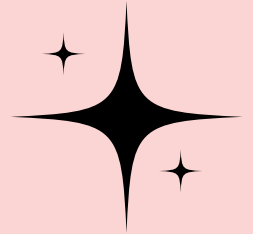


# 9 Top Tips To Increase Body Positivity

**Love your body!**



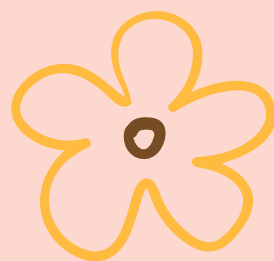
mental  
health  
matters

**Relateni.org**

1.

**Remember  
beauty is a  
state of mind**

**We  
can  
Relate**



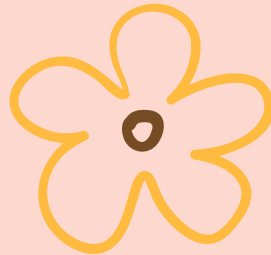
✦ **Beauty is in the eye of the beholder. Remind yourself that “real beauty” is not only skin-deep. When we feel good about ourselves, we carry ourselves with an air of confidence, self-acceptance, and openness that makes us beautiful. Beauty is a state of mind, not a state of body.**



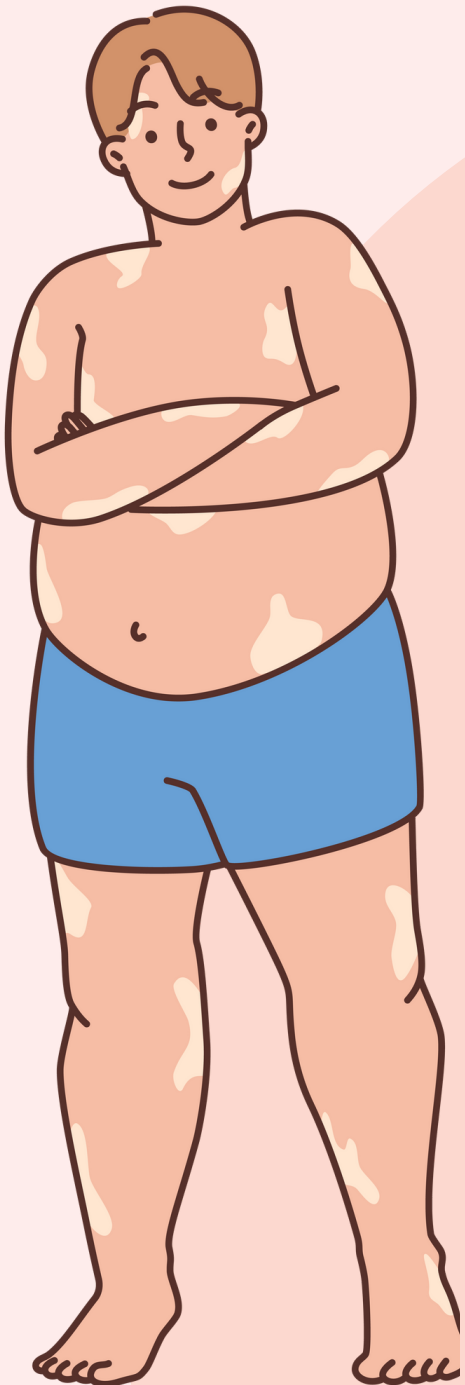
# **We can Relate**

## **2.**

**Stop comparing  
yourself**




- ◆ **Become a critical viewer of social and media images, which are usually airbrushed to within an inch of reality. Stop looking at images, slogans, or attitudes that make you feel bad about yourself or your body. Stop comparing yourself to millionaires who have a team of people who look after their diet, wardrobe, hair and make-up.**



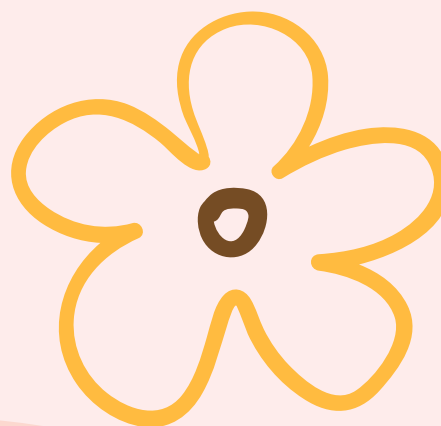
# 3.

# We can Relate



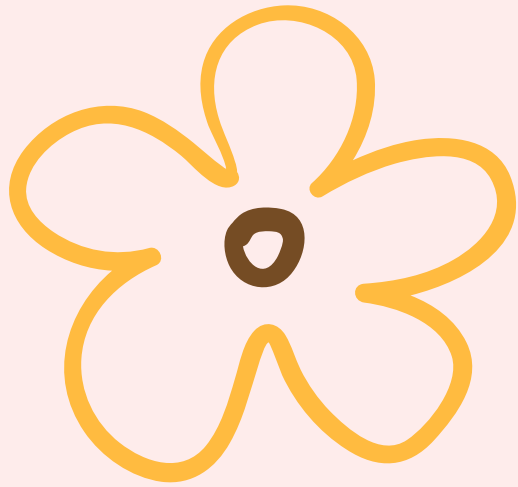
**Surround  
yourself with  
positive people**

- ◆ Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who feel good about themselves, do not compare themselves with others, who are supportive and recognize the importance of liking yourself for who you are.

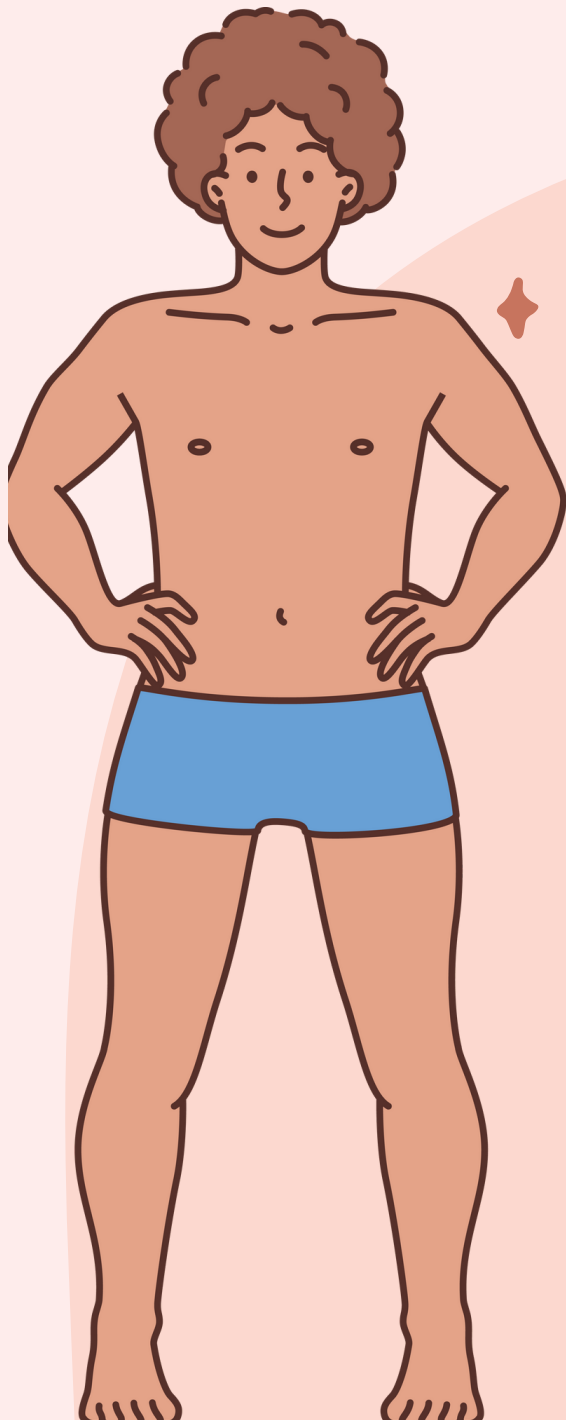


# **We can Relate**

## **4.**



**Change your  
negative  
thoughts**



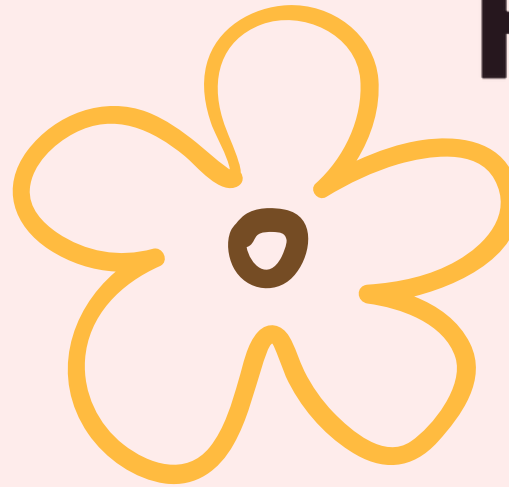
✦ **Shut down the negative self-talk in your head that tells you your body is not “right” or that life would be better if you just lost weight or looked like XXX. You can change those negative thoughts with positive ones. Think about what you like about yourself and say these things out loud.**



5.

**We  
can  
Relate**

**Appreciate  
what your body  
can do**



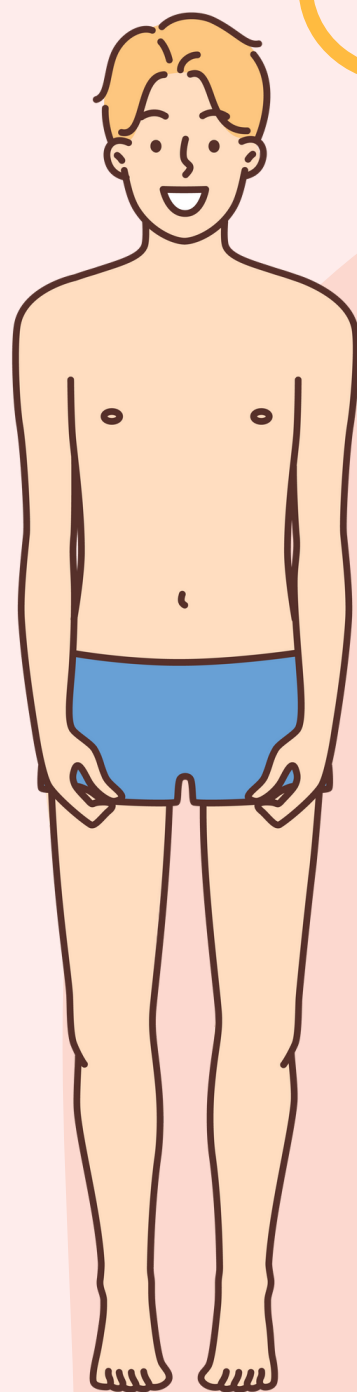
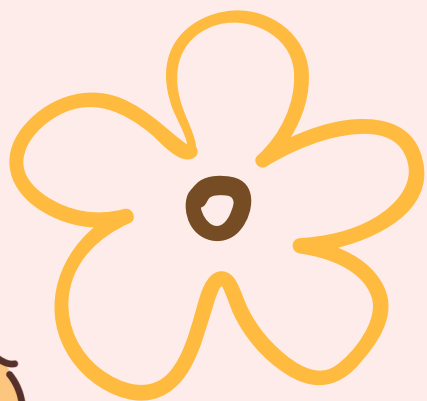
✦ **Become aware and appreciate all the amazing things that your body can do breathing, walking, running, dancing, laughing, dreaming; our bodies are truly magical structure that holds you as a human being.**



# **We can Relate**

## **6.**

**Wear  
comfortable  
clothes**



**Wear clothes that are comfortable and that make you feel good about your body. Work with your body, not against it. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. Challenge the negative self talk.**

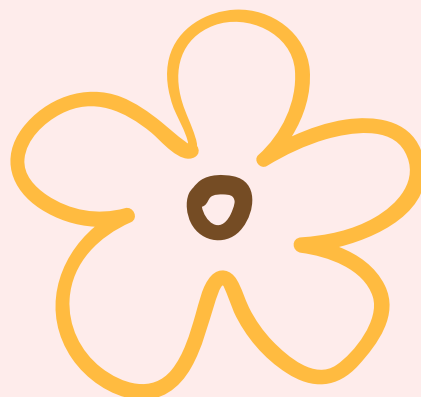




# 7.

## Practice self-care

# We can Relate



- ◆ Treat yourself kindly—something that lets your body know you love and care for it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax. Make some tea or relax and read a book. Self-care is very important.

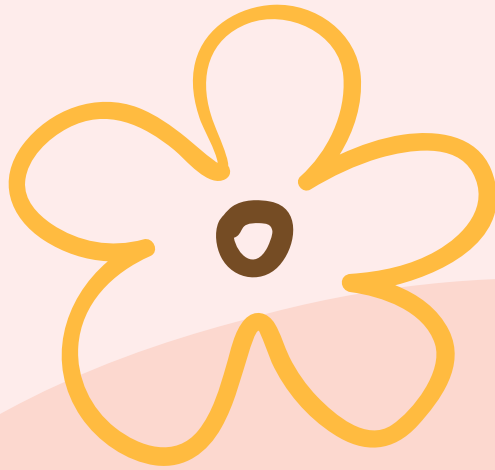




# **We can Relate**

**8.**

**Reach out to  
others**



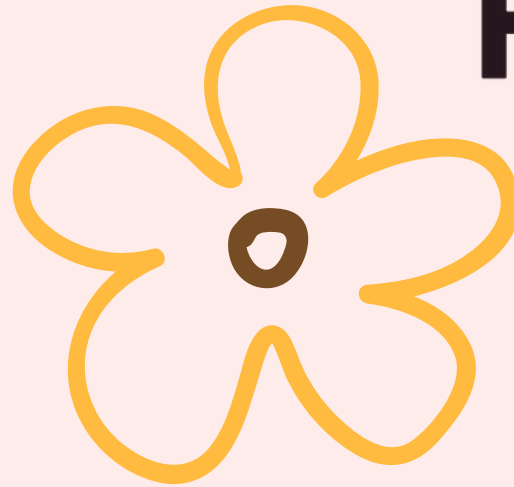
- ✦ Repeat positive phrases to yourself like 'I am good enough' 'breathe out negativity breathe in love'. Don't forget to reach out to other people who can help you feel better about yourself.



9.

**Talk to your partner**

**We  
can  
Relate**



- ◆ Remember that our bodies are constantly changing, including when we get older. But even with a few more wobbly bits, Sex and intimacy continue to have positive effects on our wellbeing as we age. So talk to your partner about how to keep intimacy alive in a way that is comfortable to you, even if you do nothing but whisper sweet nothings.



# Remember ....

we  
can  
Relate

check out our website at

# Relateni.org