



# COUNSELING CENTER

## Body Kindness & Respect

Body kindness & respect is treating your body with compassion and celebrating all bodies regardless of size and shape. It doesn't mean you have to love your body every day but instead is a focus on caring for your body out of respect for yourself.

### **Barriers to Body Kindness/Respect:**

- Diet culture
- Emphasis on one type of body (White, thin)
- Sizeism & fatphobia
- Promotion of weight loss & punishing bodies through extreme exercise
- Difficulty trusting our own body & hunger cues
- Social media & pop culture

### **Quick Coping Tips/Strategies:**

- Get educated on diet culture & Health At Every Size® (HAES)
- Reject dieting & sole emphasis on weight loss
- Engage in mindful & intuitive eating
- Explore how food makes you feel rather than labeling food as “good” or “bad”
- Honor your feelings
- Find ways to joyfully move
- Diversify your social media with all types of bodies
- Focus on what your body does for you rather than how it looks
- Follow HAES-aligned/body positive accounts on social media
- Reach out for support if you're concerned about your disordered eating/body image

**To learn more, attend the Body Kindness & Respect Wellness Workshop!**

