BODY IMAGE

Things to Consider...

- Bodies come in different sizes, shapes, abilities, genders and colours
  All of them deserve respect and care
- Health and wellness can’t be measured on a scale
- Eating is about nutrition, hunger, appetite and pleasure
- Exercise is about moving our bodies in ways that feel good

And I said to my body.
Softly.
‘I want to be your friend.’

It took a long breath.
And replied,
‘I have been waiting my whole life for this.’

-Nayyirah Waheed

WAYS TO FIGHT AGAINST NEGATIVE BODY IMAGE

Do things that make your body feel good

Say nice things about your body and try not to put it down

Be critical of media images that say only a certain type of person is beautiful

Try not to compare yourself to celebrities

Seek out social media that shows different types of bodies and people

Challenge other people’s body shaming comments

Don’t date anyone who doesn’t think you’re attractive

Stop weighing yourself

Speak out against all forms of discrimination

Talk to someone you trust who won’t shame you

Teen Talk is not a crisis service. If you need to talk, please call the Klinic Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019
EXERCISING?
LISTEN TO YOUR BODY

Signs that you might be overdoing it

- Headaches
- Decreased performance
- Feeling tired
- Loss of appetite
- Extremely sore or tender muscles
- Pain, it could be sharp or dull
- The body needs a longer time to recover
- Feeling uncoordinated
- Regular or frequent illness
- Mood changes including depression, anger, stress, anxiety and irritability

WEBSITES & BLOGS

- Eating Disorders Manitoba eatingdisordersmanitoba.ca
- The Body is Not an Apology thebodyisnotanapology.com about-face.org
- Women’s Health Clinic womenshealthclinic.org (click Eating Disorders tab)
- NEDIC nedic.ca (national eating disorder site)
- Shameless ShamelessMag.com
- Adios Barbie Adiosbarbie.com

SUPPORT

Child and Adolescent Eating Disorders Service ~ 204.787.7218
Winnipeg based clinical treatment and support service

NEDIC Helpline (Open 8am to 8pm Mon-Fri) ~ 1.866.633.4220
Offering support, information and resources on disordered eating

Kids Help Phone (Open 24/7) ~ 1.800.668.6868
Support and info service for youth. In Manitoba, you can also txt CONNECT to 686868 or online chat at kidshelpphone.ca

BODY IMAGE BOOSTER

3 things about your body that you enjoy:

3 of your best personality traits:

A compliment you received that made you feel good:

A piece of clothing or an accessory that makes you feel good:

Remember, rest and recovery is just as important as the workout.

Measure yourself in contentment and laughter rather than inches and pounds.