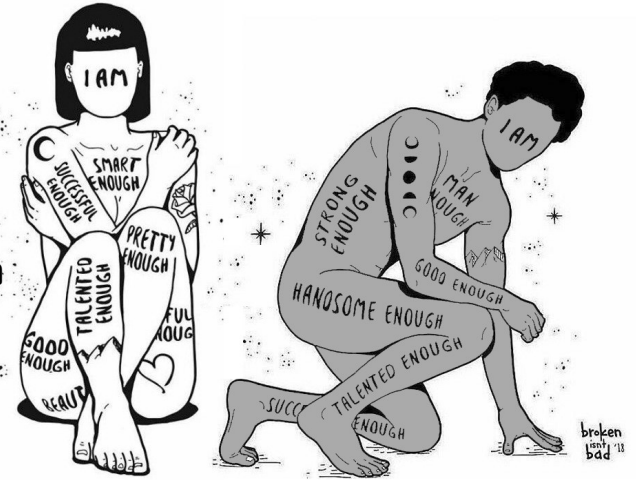


BODY IMAGE

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*



ART BY TYLER FEDER

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

200-226 Osborne St. N, Winnipeg, MB. R3C 1V4 | 204.784.4010
www.teentalk.ca | teentalk@teentalk.ca
Find us on Instagram, Facebook and Twitter! @TeenTalkMB

Teen Talk is not a crisis service. If you need to talk, please call the Klinik Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019

EXERCISING? LISTEN TO YOUR BODY



MEASURE YOURSELF IN
CONTENTMENT AND
LAUGHTER RATHER THAN
INCHES AND POUNDS

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



REMEMBER, REST AND RECOVERY IS
JUST AS IMPORTANT AS THE WORKOUT.

WEBSITES & BLOGS

Eating Disorders Manitoba
eatingdisordersmanitoba.ca

womenshealthclinic.org
(click Eating Disorders tab)

nedic.ca
(national eating disorder site)

thebodyisnotanapology.com
about-face.org

shamelessmag.com

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: