

BODY IMAGE

Remember!

- 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
- Be critical of media that says only a certain type of person is beautiful
- Eating is about nutrition, hunger, and pleasure
- Exercise is about moving our bodies in ways that feel good



Supports and Resources

- Kids Help Phone (24hr).....1-800-668-6868
Support for all youth kidshelpphone.ca
Text 68 68 68
- Child and Adolescent Eating.....204-787-7218
Disorders Service: Winnipeg based eating
disorder clinical treatment
- NEDIC Helpline.....1-866-633-4220
(8am-8pm Mon-Thurs., Fri. 8am-4pm) nedic.ca
Phone and online chat support, info, and
resources on disordered eating
- Eatingdisordersmanitoba.ca - Local resources and
info on eating disorders
- Thebodyisnotanapology.com - Website on radical
self-love and body empowerment
- Adiosbarbie.com - Blog on challenging negative
body image



Exercising? Listen to Your Body!

Signs that you might be overdoing it

- Extremely sore or tender muscles
- Headaches
- Decreased performance
- Feeling tired
- Loss of appetite
- Pain (it could be sharp or dull)
- Feeling uncoordinated
- Regular or frequent illness
- Mood changes including depression, anger, stress, anxiety, and irritability
- The body isn't recovering even after rest



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: