

# 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](http://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](http://nedic.ca)  
Phone and online chat support, info, and  
resources on disordered eating
- [Eatingdisordersmanitoba.ca](http://Eatingdisordersmanitoba.ca) - Local resources and  
info on eating disorders
- [Thebodyisnotanapology.com](http://Thebodyisnotanapology.com) - Website on radical  
self-love and body empowerment
- [Adiosbarbie.com](http://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: