

5-Steps to Body Neutrality

Get Real About What You Desire

REVERSE-ENGINEER THE FEELINGS YOU CRAVE

So often we think about certain outcomes we want as if those circumstances will make us happy. Instead, focus on how you'd like to FEEL. Want to *feel* confident? Look after your mental health, demand respect in your relationships, pursue personal development, regular self-care, etc. Losing weight may be a *symptom* of pursuing your highest self (or not!), but it's far from the prescription.

Study Who You Love

DOES APPEARANCE IMPACT VALUE?

Seriously - don't skip this step. Make a list of the people you love & admire most in this world. Your Mom, your Aunt, an older cousin, therapist, that best friend that feels like family. When they fluctuate in body weight, does it effect how you feel about them? What does that say about how much others care about your jean size?

Embrace the Science

YOU CAN'T HATE YOURSELF INTO A VERSION OF YOURSELF THAT YOU LOVE

Research shows that intuitive eaters (those that avoid dieting, eat when hungry & stop when full) not only weigh less, but *think* less about food too. They also have more will power, faster metabolisms, better moods, & are less likely to binge in response to advertising or all-you-can-eat buffets. Focus on quality, not quantity, of the foods that you eat. Your body & mind will thank you.

Put Things in Perspective

SELF-RESPECT IS TIMELESS (& SEXY!)

Keep in mind what is socially accepted as beautiful now in this culture is not what is considered beautiful in other cultures, nor what was praised as such in other eras. Notice how arbitrary & fleeting this current ideal of beauty is. We are souls with bodies, not the other way around.

Get Practical

AVOID YOUR TRIGGERS

Make a pros & cons list of a life ruled by restriction versus marked by food freedom. Unfollow people on social media that make you feel inadequate. Youtube "guided meditations for positive body image". Limit your time with dieting peers. Look up mantras for intuitive eating & repeat them regularly. Body image makes up 1/4 of our self-esteem, & even more for some individuals. This journey is not easy, but your happiness is worth fighting for.