

NATIONAL EATING DISORDERS ASSOCIATION

1

Appreciate
**all that your body
can do.**



2

Remind yourself of
all you have accomplished,
and all of your **future goals.**



3

Follow social media
accounts that make you
feel good.



4

Look at yourself as
a whole person.



10 STEPS

TO POSITIVE BODY IMAGE

5

Surround yourself with
positive people.



6

Dress in what
makes you feel good.



7

Remind yourself that
**true beauty is not only
skin deep.**



8

Treat yo'self.



9

Fight those voices in your head
that tell you your body
isn't good enough.



10

Be a positive influence
for others.

