

BODY NEUTRALITY



What is Body Neutrality?

Body neutrality is focusing on what your body can do for you, rather than on what it looks like

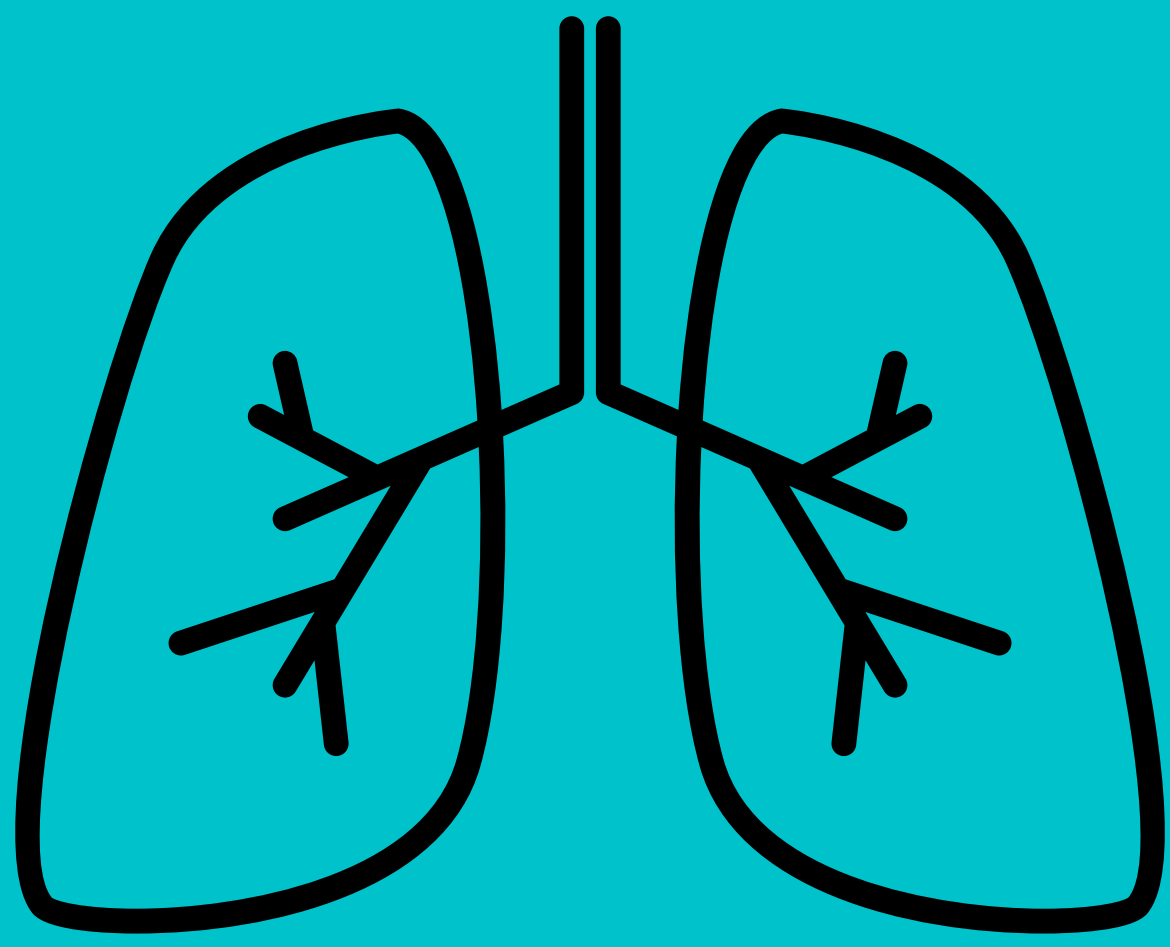


This is having an appreciation for you as you are.

For example, look at your hands

They allow you to create, touch, pick up and sometimes communicate to others





Your lungs take air in and distribute it through your body. Allowing you to breathe.

Your legs are powerful. Allowing you to walk, run, jump and skip anywhere you want.



Loving your body and forcing yourself to be positivity all the time is hard. Allowing yourself to live as you are, for who you are in the body you're in unapologetically is important

Embodying your body and giving yourself credit for the amazing things your body is capable of is important.



TIPS

1. Try to focus on being healthy rather than 'looking healthy'. Too often we work out in order to meet an unhealthy beauty standard. Eat right, work out for your own peace of mind. Not to change your body but co exist with it.



2. Rather than focusing on your beauty, focus on what your body does for you. What can you accomplish with your body? What things can you create?



3. Allow yourself kindness. Loving yourself all the time can be hard. Co existing with your body can be hard. Allow yourself to be to be kind to your mind, body and spirit.

