

# NAVIGATING BAD BODY IMAGE MOMENTS

Regardless of where you are on your body image journey, there will be days that you struggle to identify, accept or love your body. The next time you have a bad body image moment or day, check in with yourself using the following questions.

*WHAT ARE THE UNHELPFUL THOUGHTS THAT I AM HAVING ABOUT MY BODY?*

*WHAT EMOTIONS AM I EXPERIENCING?*

*WHAT HAS GONE ON IN THE LAST 24 HOURS THAT MAY HAVE INFLUENCED ME  
FEELING THIS WAY?*

Consider:

- What have I done (i.e. had a stressful day at work, faced a body image trigger etc.)?
- Who have I seen (i.e. have I compared my body to others, spent time with individuals who engage in diet and body talk and/or have I heard critical body comments from someone?)
- What have I been looking at (i.e. social media fit or thinspiration, diet articles, magazines with significant photoshopping, TV or movies with over sexualized or specific body types etc.)?
- Magazines (did I consider air brushing and photo shop?)
- What have I not been doing (i.e. neglecting self care activities like nutrition, sleep, meditation etc.)

*IS IT POSSIBLE THAT I AM PROJECTING NEGATIVE EMOTIONS RELATED TO OTHER  
THINGS IN MY LIFE, ONTO MY BODY?*

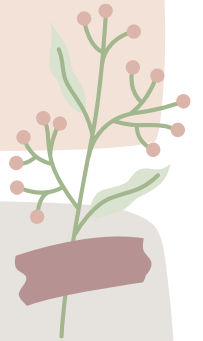


# NAVIGATING BAD BODY IMAGE MOMENTS CONT.

*WHAT WOULD I TELL SOMEONE THAT I LOVE IF THEY EXPRESSED THE SAME  
THOUGHTS AND FEELING ABOUT THEIR BODY?*

*WHAT HAVE I DONE IN THE PAST TO MAKE MYSELF FEEL BETTER ABOUT MY  
BODY (I.E. START A NEW DIET, OVER EXERCISE ETC.)? DID THIS IMPROVE MY  
BODY IMAGE LONG TERM?*

*WHAT ACTIONS CAN I TAKE TO BE KIND TO MYSELF (IDEAS BELOW)?*



Eat regular meals  
and snacks. Focus  
on including foods  
that you love/ that  
provide  
satisfaction.

Engage in a self  
care activity that  
you enjoy (i.e.  
reading, yoga,  
listening to music  
etc.).

Wear clothing that  
you feel  
comfortable and  
confident in.

Create a self-love  
shirt with body  
neutral or  
acceptance  
phrases and wear  
it on tough days.

Call a friend, hug a  
loved one, or  
cuddle with a pet.

Attend therapy or  
journal out your  
thoughts and  
feelings.