

# BODY NEUTRALITY

How we talk to ourselves can affect our well-being, for better or for worse. The good news is that you can change your thinking one thought at a time!

## 3 Steps of Body Neutrality

1. Acknowledge the thought
2. Breathe
3. Change the thought



"I hate my thighs"



"My thighs are strong and help me walk places."

"I was bad for eating a cookie."



"I wanted something sweet, so I listened to my body."

"I weigh so much"



"The scale is just a number and does not say anything about me as a person."

You try!



## Remember...

Neutral is good enough.

Take a breath to stop negative thinking in its tracks.  
Practice more neutral thoughts. It will become a habit.

You can't hate your body towards better health!