

## WELLNESS CENTER



### Ten Resolutions to Improve Body Image

1. Twice a day, every day, I will ask myself: What do I really gain from preoccupation with what I believe are defects in my weight and shape?
2. I will think of three reasons why my assumption that thinner people are happier and "better" is ridiculous. I will repeat these to myself whenever I feel the urge to compare my body shape with that of another person.
3. I will spend less and less time in front of mirrors of any type. All they do is make me feel uncomfortably self-conscious as they magnify each body part I focus on into a bigger and bigger flaw.
4. I will exercise for the joy of feeling my body move and function effectively, not to purge fat from my body or compensate for calories eaten.
5. I will not avoid activities I enjoy, even if they call attention to my weight and shape. I will constantly remind myself that I deserve to do things I enjoy (e.g., dancing, swimming, sunbathing) no matter what my shape!
6. I will refuse to wear clothes that are uncomfortable or that I dislike, simply because they divert attention from my weight or shape.
7. On my own, or with the help of loved ones, I will list 5-10 good qualities I have, such as empathy, intelligence, or creativity. I will repeat these to myself whenever I veer toward telling myself "I'm a failure because I'm too fat."
8. I will practice taking people in general, and women in particular, seriously for what they say, feel, and do, not for how slender, or "well put-together" they appear.
9. I will develop activities and relationships that enrich my self-concept, thereby making it less likely that my self-esteem will revolve around feelings about my appearance.
10. I will give my body "what it really needs, including moderate exercise, healthful foods, sensual pleasures, and relaxation, and then my body will respond by treating me better."

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If you would like to consider **Personal Counseling** please contact:

Annamaria Silveri, PhD (313) 993-1459

Rachel Bennett, LMSW (313) 993-1170

If you would like to make an appointment with the Health Clinic please contact:

Olga Parfenov, FNP-BC (313) 993-1185

In case of **Emergency** contact:

UDM Public Safety (313) 993-1123 or 911

or

Henry Ford Hospital Emergency Room – 2799 W. Grand Blvd., Detroit, MI 48202