

WELLNESS CENTER

Tips for a Healthy Body Image



Do

- Accept that bodies come in a variety of shapes and sizes. This is what makes us interesting!
- Remember that you may be your worst critic. Others may find you really attractive.
- Expect normal weekly and monthly changes in weight and shape.
- Explore your internal self, emotionally and spiritually. Also look at yourself as a growing, changing human being.
- Explore all the things you have to offer others: recognize your positive qualities.
- Decide how you wish to spend your energy: should pursuing the perfect image occupy most of your time, or would you rather enjoy the people and positive things in your life?
- Be aware of your own weight prejudice. Explore how those feelings may affect your self-esteem.

Don't

- Let your body define who or what you are. You are much more than just a body.
- Let obsession with your body keep you from getting closer to others or taking risks.
- Judge others on the basis of appearance, body size, or shape.
- Forget that society changes its ideas of beauty over the years.
- Believe that all thin people are happy with themselves.
- Forget that you are not alone in your pursuit of self-acceptance. It is a life-long process that many people struggle with.
- Be afraid to actually enjoy your body. Don't look at it as something that you are stuck with.

Resources

- National Eating Disorders Association web site: <http://www.nationaleatingdisorders.org/>
- Body Positive web site: <http://www.bodypositive.com/>
- Weight Control Information Network web site: <http://win.niddk.nih.gov/>

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

Tips Inspired by Sarai Walker's "Building a Better Body Image" and "10 things you can do" from About-Face.org.

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