**Table 6.4** The body

|  |  |  |
| --- | --- | --- |
| Suggestion | Marks out of ten | Comments |
| Appreciate all your body can do. Make a list. |  |  |
| Argue with the voice in your head that tells you your body is not ‘right’ or ‘good enough’. What could you say to yourself instead? |  |  |
| Wear clothes that feel comfortable and help you feel good about yourself.  |  |  |
| Think critically about what you see on the internet and in the media. What are images telling you or selling you?  |  |  |
| Tell yourself you don’t have to have the ‘perfect’ body to be happy. What does make you happy?  |  |  |
| Spend time with positive people who love you as you are. Who are these people in your life?  |  |  |
| Instead of spending time and energy focusing on food and weight, do something for someone else. What might that be?  |  |  |
| It is said that real beauty is inside someone. What does this mean? Look for it in your self and others.  |  |  |



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