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 untrue. 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 and focus more on how I feel on the inside.

4. I will exercise for the joy of feeling my body move and function effectively.

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 negative thoughts.

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 “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 my body will respond by treating me better.

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

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/

Reference:

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: Dial-A-Nurse at 333-2700

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: http://www.mckinley.uiuc.edu