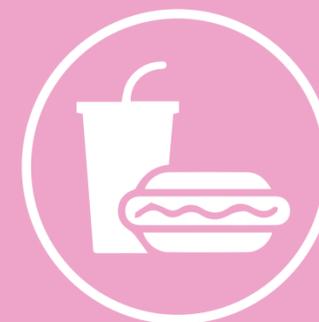


5 SIMPLE STEPS

YOU CAN TAKE
RIGHT NOW TO FEEL
MORE POSITIVE
ABOUT **YOUR** BODY

THE HULL NUTRITIONIST

*“**Body image**” is a term that describes how we think and feel about our bodies...*



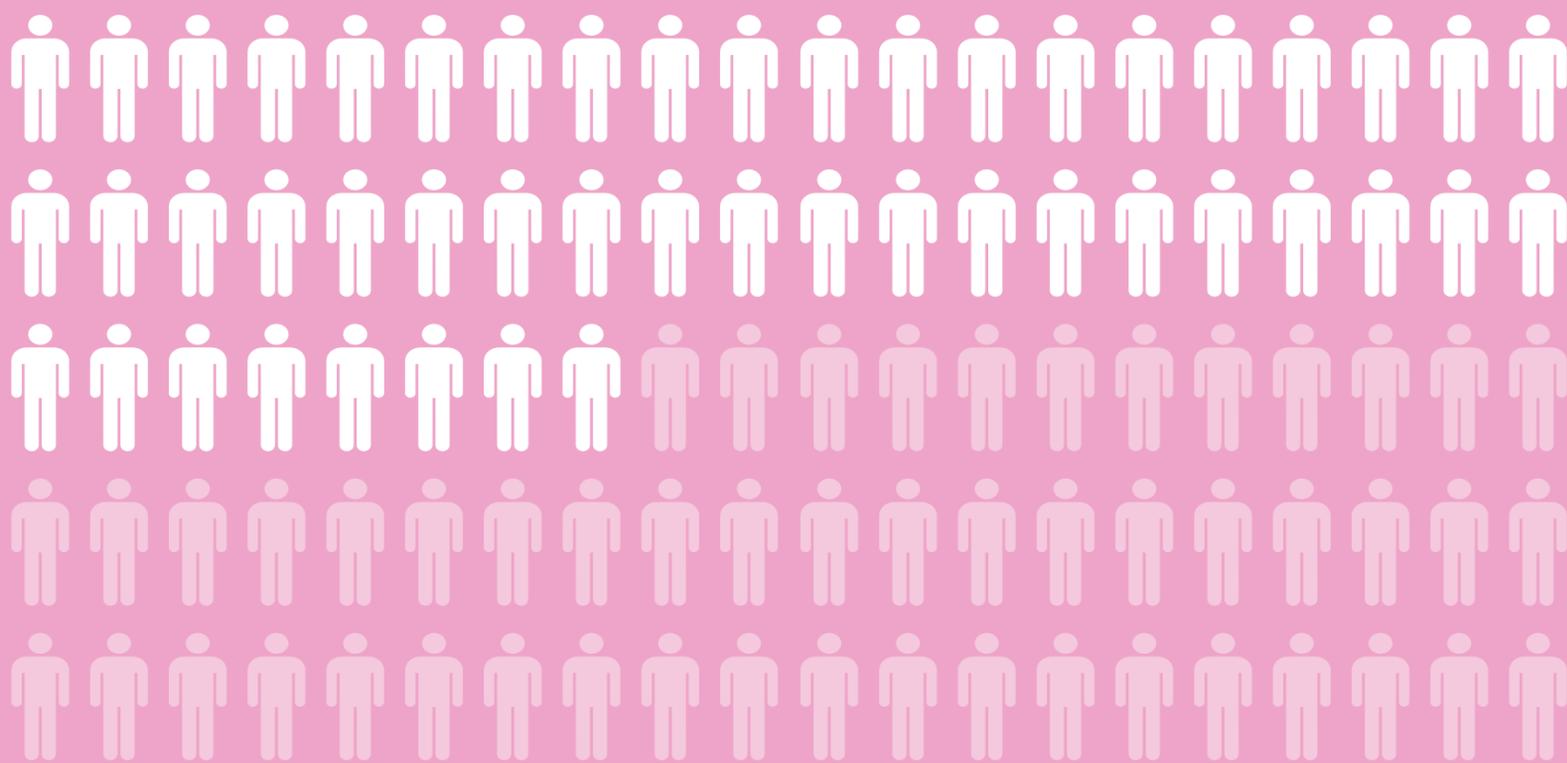
Studies have shown that **feeling unhappy** with our bodies can contribute to **poorer mental and physical health**, **increased social isolation** and unhealthy food **behaviours**.



In contrast, having a **positive** body image has been linked to overall **wellbeing** and **healthier** food choices.



While every person is unique, research shows that **negative** body image feelings are **widespread**.



48%
OF ADULTS
FEEL
NEGATIVE
ABOUT THEIR
BODY IMAGE
MOST OF
THE TIME¹

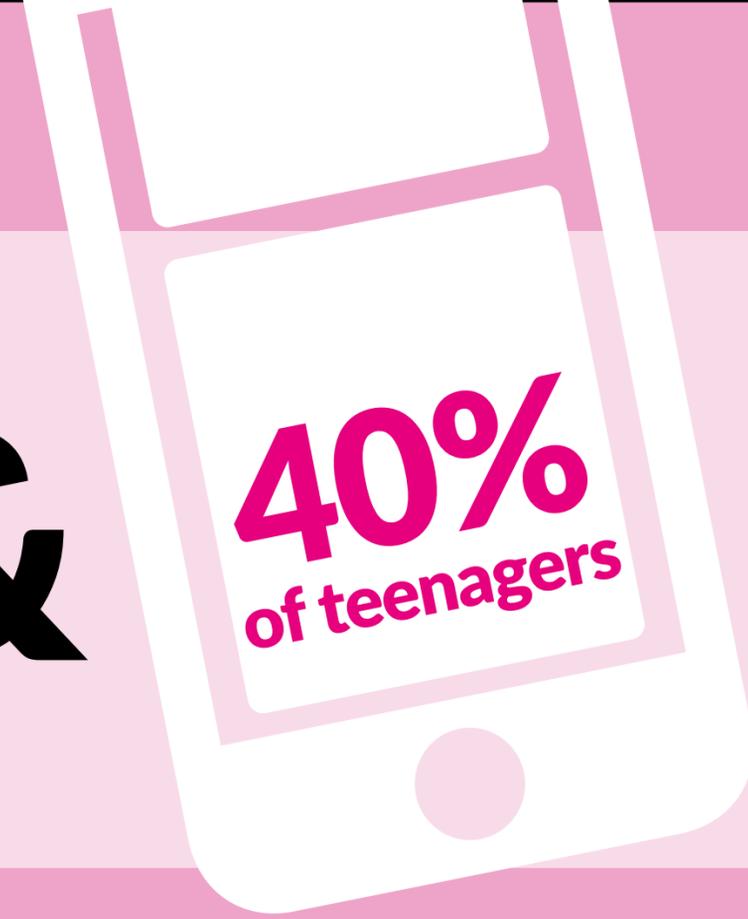
1 in 8

ADULTS EXPERIENCED
SUICIDAL THOUGHTS OR **FEELINGS**
BECAUSE OF THEIR BODY IMAGE²



22%
of adults

&



40%
of teenagers

felt images on *social media* contributed to *worries* about their body image²

57%

OF ADULTS REPORT '**RARELY**' OR '**NEVER**' SEEING PEOPLE WHO LOOK LIKE THEM REGULARLY IN MEDIA IMAGES AND ADVERTISING¹



46%

of women feel there is an *ideal* body type¹



Body positivity is a movement that aims to combat these statistics and to empower individuals to feel good about their bodies regardless of their shape or size. It challenges societal and cultural expectations around the ideal body shape, size and appearance.

As individuals we also have the **POWER** to embrace body positivity and take better care of ourselves and our mental health.

PRACTICE 5 SIMPLE STEPS

TO HELP DEVELOP A
POSITIVE BODY IMAGE, by...

THE HULL NUTRITIONIST
NUTRITION ADVICE • MINDFUL EATING ADVOCATE



AVOID 'GOOD' AND 'BAD'

These words encourage emotions such as guilt and shame to be associated with our food choices. Instead focus on eating what feels right for **YOU** both mentally and physically to achieve balance.



FOCUS ON THE JOURNEY NOT THE DESTINATION

Look beyond the mirror and scales and acknowledge the amazing feats your body accomplishes every day: breathing, moving, sleeping!



Make **SELF-LOVE** unconditional on any outcome.



GET OUT OF THE MONDAY TRAP!

If we attach power to a specific time point, we set ourselves up for guilt if things don't go as planned. Focus on the present and what you can do now to move towards body appreciation.



BE KIND TO YOURSELF

When negativity creeps in stop and ask yourself 'would I say that to anyone else?'. This helps identify and stop these harmful thoughts in their tracks allowing you to move on.

and lastly...



TAKE A SOCIAL MEDIA HIATUS

When we are bombarded with seemingly perfect images, it's easy to get sucked into unhealthy comparisons. Logging off allows us to be present in our own lives and appreciate what's in front of us.

SOURCES

¹ <https://publications.parliament.uk/pa/cm5801/cmselect/cmwomeq/805/80502.htm>,
last accessed 13.04.21

² Mental Health Foundation. (2019). *Body Image: How we think and feel about our bodies*.
London: Mental Health Foundation.

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