

# BODY ACCEPTANCE WEEK

## TIPS FOR POSITIVE BODY IMAGE



Appreciate all that  
your body can do.



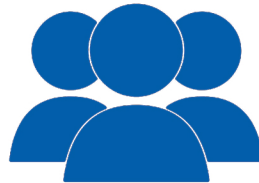
Remind yourself  
of all you have  
accomplished.



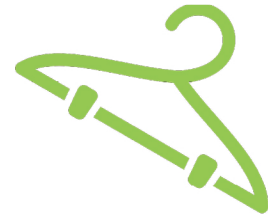
Follow social media  
accounts that make  
you feel good.



Look at yourself  
as a whole person.



Surround yourself  
with positive people.



Wear clothes that  
make you feel good.



Remind yourself  
that true beauty is  
not only skin deep.



Treat yourself!



Fight the voice  
in your head that  
says your body  
isn't good enough.