

1 Embrace Diversity

Our differences & uniqueness are what make us special, avoid comparing yourself to others

2 Be Positive

Avoid focusing on self-critical thoughts, make an effort to say positive things to yourself each day

3 Appreciate yourself

Focus on your achievements, positive qualities and talents



4 Set a new attitude

Make positive goals that are related to your health & wellbeing rather than your weight or shape

5 Be kind to others

Speak kindly to others, don't encourage negative self talk or bullying


6 Be smart about media

Keep aware of unrealistic images in the media, question how they were developed & what they're trying to achieve

7 Get help

Talk to someone you trust about concerns you have - the earlier the better!

THERE IS NO RIGHT OR WRONG WHEN IT COMES TO WEIGHT, SHAPE, SIZE AND APPEARANCE.

Snapshot 

7 TIPS FOR IMPROVING YOUR BODY IMAGE

To find out more visit nedc.com.au/body-image

The National Eating Disorders Collaboration (NEDC) is an initiative of the Australian Government Department of Health