**Dealing with Bad Body Image Days**

**Breathe.** Mindfulness is a great way to connect with your body and develop a greater appreciation of it. There are lots of free apps such as Headspace and Oak that can help with this.

**Practice body gratitude.** What are you grateful for your body for? Think of all the things it does for you.

**Write it down.** Journaling can be a really healthy outlet for your emotions.

**Challenge your inner critic.** Practice reframing those negative thoughts. For example, if you think ‘my tummy is too big’, try coming up with a positive thought replacement such as, ‘my tummy contains life sustaining organs that need space to function’

**Dress comfortably.** If you are conscious about a particular aspect of your body, wear clothes that don’t emphasise your insecurities.

**Talk to yourself like you would a friend**. What advice would you give them if they told you they were struggling with the way they look?

**Be kind to yourself.** Create a comfort list of simple things you can do to offer yourself a moment of kindness (music/affirmations/activities). If you find kindness too difficult using neutral comments can also be helpful. “I have a body but it does not define my worth.” “I am more than my appearance.”

**Be mindful of social media.** Social media can encourage unhealthy comparison between ourselves and seeming ‘perfect’ others. Be aware that not everything we see online reflects reality. Maybe you need some time to disconnect?

**Body image fluctuates.** Remember, how you feel is not permanent.