

Body Neutral Affirmations

Body neutrality is about neither loving or hating your body. It eliminates physical appearance as part of a person's self-worth and acknowledges that your body is a small part of you. You are much more than your body. Pull out this card next time you may have negative thoughts about your body.

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Try reframing the negative thoughts to these neutral statements:

1. I am more than just my appearance, shape, and size.
2. I appreciate what my body does for me.
3. My body is the least interesting thing about me.
4. My body deserves care, compassion, and kindness, even if I have negative thoughts about my body today.



If you know someone struggling with an eating disorder please refer to these resources:

FSU Counseling and Psychological Services at (850) 644-8255

FSU University Health Services at (850) 644-4567

ANAD's Free Eating Disorder Helpline at (888) 375-7767