

## Five Steps to a Better Body Image

*Developing a positive body image is not going to happen overnight (duh!), but any one of the following suggestions is a great place to start. Consider committing to at least one for a week and note the difference.*

1. **Trash the Scale.** National Eating Disorder Association says: Don't weigh your self-esteem, it's what's inside that counts.

2. **Ditch the Beauty and Fashion Magazines.** It has been sufficiently proven that flipping through one of these babies for just 15 minutes can make you feel bad about yourself. And, oh yeah, they also lie to you, manipulate you and depict false images. Say buy-bye. Choose magazines that depict a wide range of size and shapes for all people.

3. **Name that hunger!** There are three types of hungers: social (you eat, because, well, it's just there), emotional (you eat because it comforts you when you're down) and physical (you eat because you are downright hungry!). Try and be aware of what, why, and when you eat. Make sure you are getting what you are really hungry for.

4. **When you feel verklempt... Discuss!** Having a bad day? Fight with you mom? Fail a test? Don't bottle up your emotions. Instead, grab a friend and let it out. It won't solve your problems but guaranteed you'll feel better.

5. **Chill out and have fun!** Adolescence is no walk in the park. Pressures are coming at you from all sides and sometimes life just does not make sense. So, put aside some time everyday to just have fun. You deserve it!

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