

## 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



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

## 4 Set a new attitude

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

## 5 Be kind to others

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

## 6 Be smart about media

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

## 7 Get help

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

Snapshot

**e** National Eating Disorders Collaboration

# 7 TIPS FOR IMPROVING YOUR BODY IMAGE

To find out more visit [nedc.com.au/body-image](http://nedc.com.au/body-image)

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