

Respect Your Body



What is body respect?

Does not require you to have any positive feelings about your body.

Rooted in idea that you cannot take care of something you don't respect.

Fosters an appreciation of your here-and-now body.

The foundation of making peace with your body.

How can I respect my body?

accept your genetic blueprint

Stop trying to fool Mother Nature and accept the body you were meant to have.

get rid of body-assessment tools

These are meaningless measures that take the focus off of what truly matters - honoring your body's true needs.

stop the "check & bash" game

Being overly critical of your appearance breeds discontent and leads to destructive self-talk.

quit comparing

You don't know anyone else's story. Work on appreciating your unique qualities that are not based on appearance.

wear comfortable clothes

It is the job of your clothes to fit your body, not the other way around.

be realistic

If obtaining or maintaining your “ideal” weight requires you to subsist on rice cakes and exercise for hours a day, then your goal is not realistic.

do nice things for your body

Your body deserves to enjoy things that make it feel good.

view your body as an instrument, not an ornament

Value function over form. Your body is the most incredible machine you will ever own!

curate your social media feed

Find accounts that spotlight different types of bodies, and unfollow accounts that make you feel bad about your body.

let go of the fantasy

You may need to mourn the fantasy body you have been chasing after. Consider the price you have paid in this pursuit.