



Navigating Body Image

A gentle guide for reconnecting with your body through compassion, curiosity, and care.

You Are Not Alone

Struggling with body image is a deeply human experience. Whether it's shaped by messages from media, childhood, trauma, or comparison—your feelings are valid. Healing is possible, and you don't have to do it alone.



Body Image Check-In

Use these prompts to explore your current relationship with your body:

How do I speak to my body when I look in the mirror?

What have I been taught (explicitly or subtly) about what bodies “should” look like?

When do I feel most connected to or comfortable in my body?

What does my body allow me to experience?



Understanding Body Image

Body image is not just about how you look—it's how you think and feel about your body.

It's shaped by:

Cultural norms and media portrayals

Family and community beliefs

Past experiences (including trauma or bullying)

Mental health and nervous system responses



Supportive Shifts

Try these gentle practices to cultivate a more peaceful body relationship:

Neutrality first. Instead of jumping to “I love my body,” try:
“This is the body I live in today.”

Daily body appreciation. Each night, name one thing your body did for you that day.

Curate your feed. Follow body-diverse, inclusive creators who remind you that all bodies are worthy.

Speak kindly. Catch critical thoughts and try replacing them with warmth or curiosity.



Body Image Affirmations

My body deserves kindness, even on hard days.

I am more than how I look.

Healing is not linear, and I’m allowed to take my time.

I can be grateful for my body and still want to treat it with care.



When It Feels Heavy

Sometimes the struggle with body image runs deeper and might be tied to trauma, identity, or deeper patterns of worthiness. Working with a therapist, coach, or support group can offer space to unpack these layers in a safe, compassionate way.