

Ten Top Tips



When you want a better body image

1. **Waiting until you have the perfect body** to feel good will not bring you happiness. Confidence, being well groomed or well dressed, good posture, and being positive, energetic and interested in others are features most often reported in people considered attractive, not body weight.
2. **Don't get focused** on the dial on the scales. Health, fitness, self-care and a balanced diet are a better measure of health and weight management than weight alone. Instead of setting weight goals, set fitness or health related goals.
3. **Buy and wear clothes** for the way you look now. You are more likely to look after your body if you feel you look good than if you wait until you feel good about your body.
4. **Look after and nurture your body.** Don't focus on punishment and deprivation. Have a bath, take a walk, paint your toenails, take a vitamin, care for your skin, change your hair cut or pursue a new hobby. Self-care, not self-punishment, is the fastest way to weight management and to feel better about your body.
5. **Trust your body.** Eat only when you are hungry, instead of eating for social reasons, comfort, boredom or anxiety. Non-hunger eating usually results in ill feeling and regret. Re-familiarise yourself with hunger signs and notice how eating for other reasons is not going to be a solution.
6. **Don't define yourself by your weight.** Ask yourself how you want loved ones to remember you and aim to refine these personal characteristics. Body shape is usually one of the last attributes by which you will be recalled.
7. **Don't deprive yourself of food.** This will only encourage obsessive thoughts and may result in you overeating later on. Contemplate drinking something instead of eating. If you are unsure, give yourself permission to eat something if you are still hungry after 15 minutes to avoid impulse eating.
8. **Live for today** because life is "how you live each day". Don't think that tomorrow will be different if you are not prepared to look after your body today.
9. **Ask yourself** how much of your life thoughts comprise thinking about your body image. What is acceptable to you and is this representative of your priorities in life?
10. **Be gentle with yourself** and be positive in your self-talk. Remember the days when you felt good about yourself, how motivating it was? Being negative about your body makes it LESS likely, not more likely, for you to achieve your goals.