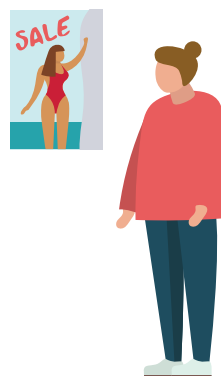


# 6 WAYS TO BE #BODYPOSITIVE



## 1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.



## 2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an 'ideal' body, think:  
*What goes into looking that way?*  
*How many people do you see in everyday life that look like that?*  
*Is it realistic or helpful to compare yourself to that standard?*



## 3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.



## 4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.



## 5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.



## 6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.

We know that feeling good about your body or appearance isn't always easy. If you are struggling with body image, visit [ReachOut.com](https://ReachOut.com) or chat to the **Butterfly Foundation** on **1800 33 46 73**.



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