



# Step 1:

Identify the body image thought. Get curious about what feelings may be coming up in your body around this thought.

- What would you be feeling if you weren't so focused on your body?
- Are you angry, sad, scared, or disgusted? Are you feeling grief, shame, envy, helplessness, confusion, vulnerable, apathy, excluded, insignificant? Lonely, tired, stressed, surprised, overwhelmed, anxious, bored? Something else? A combination of these?
- Can you locate the emotion in your body? Where do you feel it? What does it feel like? Does it have a shape? A color?
- Can you be with this emotion, allow it to rise like a wave, and let it move through you?

# Step 2:

What else might be going on?

Ask yourself:

- If I weren't thinking about my body, what would I be thinking about or be struggling with?
- What is going on in my life to make me focus on my body today, at this moment?

SIDE <sup>BY</sup> SIDE  
NUTRITION

Activity Adapted from Be Nourished:  
See full toolkit here- <https://benourished.org/bad-bodyday-toolkit/>

# Step 3:

How you will take care of yourself around that feeling.

- Use a mantra:

“This is me. I am worthy because I breathe.” “This is my body, this is where I live.”

- Call a friend.
- Go for a walk.
- Have one of your favorite foods.
- Cry.
- Take a bath.
- Stretch.
- Breathe.

