

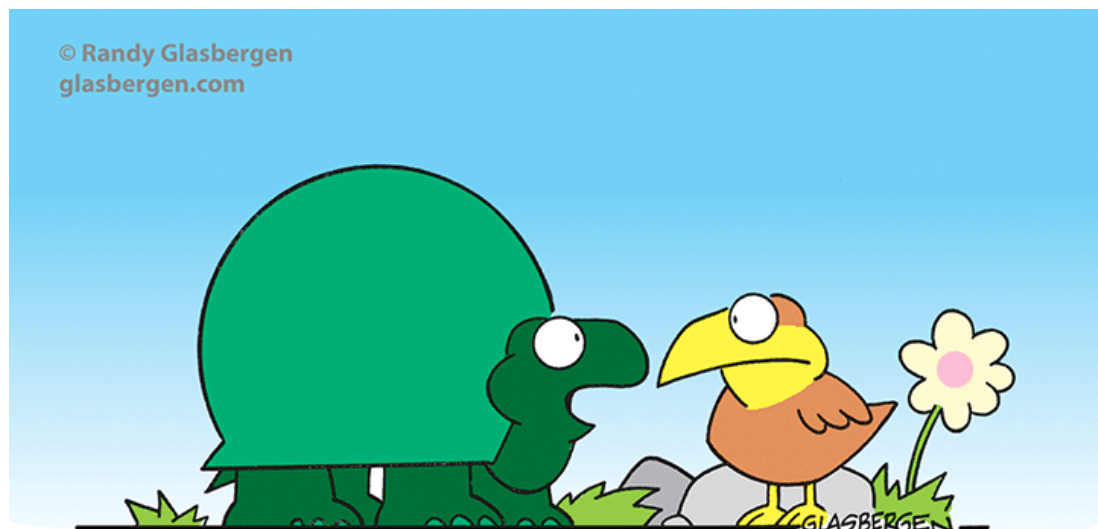
Positive Body Image—The Self-Talk Solution

Here are some tips for breaking free from negative self-talk, boosting self-confidence, and improving body image.

1. Be positive, first and foremost. Whenever you look in the mirror, make it a point to focus on a positive feature and give yourself at least one compliment. Always be kind.
2. If necessary, fake it 'til you make it. I know this whole “be positive and kind to yourself” thing may be easier said than done, and that’s fine. In the beginning, you may have to fake it a bit and pay yourself the best compliments you can, even if you’re not actually feeling that good about yourself. Stick with it, and be consistent. After a while, you’ll no longer have to fake it.
3. When it comes to working out, set positive, performance-oriented goals. Too often we place all of our focus at the gym on burning calories and improving the appearance of specific body parts. Try to focus less on how you look and more on what your body can do. Set performance-oriented goals like being able to perform 10 push-ups, a few bodyweight chin-ups, or whatever else gets you motivated. Choose to focus solely on what your body can do and on becoming the strongest version of yourself.
4. Highlight the heck out of your natural gifts, talents, and abilities. Everyone has unique physical talents and abilities, and this is where strength training can be very beneficial. Discover what exercises or activities you’re naturally good at and enjoy, and do them! Again, keep the focus positive and have some fun along the way.
5. Seek out social support—but choose carefully. Social support can be either extremely helpful or hurtful. If your close friends also engage in negative self-talk, it could be rubbing off on you. Either encourage your friends to join you on a boycott of all negative self-talk, or surround yourself with individuals who are strong and confident — and who inspire those characteristics in you, too.

Bottom line: Reject the notion that you’re flawed and that you need to constantly “fix” things on your body. Fight back and choose to fuel yourself with positivity. Make words like “beautiful,” “smart,” “strong,” “determined,” “confident,” “awesome,” and “badass” staples in your daily vocabulary—especially when talking about yourself. And please remember: What you say to and about yourself will form you. So speak wisely.

Source: by Nia Shanks Greatist.com



“With my hard, green shell, I always assumed I was an M&M.”

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