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HOW'S YOUR BODY IMAGE ?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Do you find yourself obsessing about your body?
<input type="checkbox"/>	<input type="checkbox"/>	Do you every put off activities or relationships until you are a certain size?
<input type="checkbox"/>	<input type="checkbox"/>	Would losing or gaining weight make you feel like you were a better person?
<input type="checkbox"/>	<input type="checkbox"/>	Do you see certain food as "good" or "bad"?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel guilty after you eat?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel uncomfortable in your body?
<input type="checkbox"/>	<input type="checkbox"/>	Have you used unhealthy ways to gain or lose weight?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel like you can only be happy if you are a certain size?
<input type="checkbox"/>	<input type="checkbox"/>	Do you find yourself thinking negatively about your body?
<input type="checkbox"/>	<input type="checkbox"/>	Do you think changing part of your body would make aspects of your life better?

How Did You Score?

If you answered "Yes" to less than four of these questions –Congratulations. You have a healthy body image. Keep up the good work!

If you answered "Yes" to four or more, it sounds like you don't totally accept and respect your body. How can you change that?

- **Get out the old photo albums.** Look at pictures of your ancestors and the genetic make-up in your family - similar noses, hips, long fingers, curly hair, etc. Think of all the positive things you got from your ancestors – your sense of humour, ear for music, hair colour, body size and shape. Remind yourself that this is the body you were destined to have and try to promise yourself that you'll work at accepting and respecting your body.
- **Be nice to yourself.** Do something nice for every week for a part of your body. If you choose your feet, give yourself a foot massage or soak your feet in Epsom salts. Proclaim your feet to be the best feet in the world! See how creative you can be and how good it feel to respect and even love that part of you.
- **Think positively.** Using coloured paper and pens, make signs with positive messages on them, like "I have great arms" or "I have a strong body" and decorate your room or fridge. Take down any negative messages about yourself, like "Don't you dare open the fridge!". Try putting up beautiful pictures of yourself for a week and see how it affects you.

