

PRACTICING BODY NEUTRALITY

Our thoughts **MATTER**.

How we talk to ourselves may be an unintentional obstacle to creating optimal health.

The good news is that you can change default thinking one thought at a time.

Body Neutrality Involves Three Steps:

1. **Acknowledge.** The thought in the moment.
2. **Breathe.** Take a timeout from the thought.
3. **Change the thought.** Reframe the thought to neutral – focus on what your body does for you instead of how it looks.

Example:

“I hate my thighs.”

Take a breath.

“My thighs enable me to walk.”

Neutral is good enough.

Taking a breath and stopping the negative thinking in its tracks interrupts the downward spiral that negative thinking often leads to. The key is to notice and redirect to a more neutral action or thought.

Remember – you can’t hate your body toward better health!