

COCUMELLI WELLNESS COLLECTIVE

**Nourish  
Your  
Relationship  
with  
Your Body**

STRONG INSIDE AND OUT

# Your body is amazing!

When was the last time you thought about or told yourself something you loved about your physical body?

It's okay if you can't remember. Most likely, you are bombarded with messages on a day to day basis that infer there is something wrong with your physical body.

The truth is, our bodies are different shapes, sizes, and skin tones with different abilities. Each and every body is beautifully made, and they all change many times throughout our lifetime. Accepting our bodies throughout all of the changes can definitely be challenging.

Here are some tips if you're struggling to accept your body:

## **Validate how you feel right now.**

As humans, we go through an array of feelings and emotions everyday. This includes feelings regarding our bodies. It's okay to feel insecure, unhappy, self-conscious, or however you feel about your body. Acknowledge those feelings. Follow it up with a few positive affirmations.

“I feel insecure about my body right now, and that's okay.”

## **Pick at least one aspect that you like about your body each day.**

Some days you might only be able to think of one thing you like about your body and that's okay. Challenge yourself to find at least one thing everyday. It could be about your body, what your body can do, or your character.

“I feel insecure about my body right now; here is what I love about my body: my freckles and my caring heart.”

## **Remind yourself of your worthiness.**

You don't have to change a single thing about your body to increase your worth as a human being. You are worthy as you are. Keep reminding yourself of this truth. It's important to keep saying it even if you haven't learned it to be true yet.

“I am worthy as I am.”

### **Final thoughts:**

If you are struggling with how you feel in and/or about your body, know that learning to accept your body is an ongoing and imperfect process. It is often helpful to go through this process with a health professional.

Be patient with yourself. The triggers are not going to magically go away. What you will gain by actively focusing on your relationship with your physical body is the ability to redirect thoughts of unworthiness into ones that honor the amazing body that you have.