



HOW TO CREATE A POSITIVE BODY IMAGE

Most people strive for the perfect body image, the right body size, perfect complexion and healthy body weight. Having a better body image is seen as a determining factor of one's self-esteem, self-acceptance, health and confidence. This is why you will find people following strict meal plans, hitting the gym, and changing their lifestyle to look better. However, there are several other factors that should be taken into consideration to boost your body appearance, including engaging in exercises, being content with the way you look and staying positive.

Here are some fundamental tips to help you build a fantastic body image!



1 APPRECIATE YOURSELF

If you want people to love you and appreciate your body image, you must love yourself first! Instead of hating the way you look, try to love all things good about your body. Focus on these: appreciate your muscles that help you carry heavy loads, appreciate your hands for the work they do while preparing food and appreciate your legs that are able to take you to places. By focusing on the positive things about your body, you get to love yourself more.

2 DO WHAT YOU LOVE

Passion is the spark. Be mindful of your happiness by focusing on what makes you feel good, whether that's turning up to a concert, going out for a stroll, exercising or assisting others, do it with all your might! Don't hold back, show up for that function looking and feeling confident. Avoid hanging around individuals who make you feel negative about yourself. Rather, keep your eyes and heart focused on positive energy.

3 BEFRIEND YOUR MIRROR

Avoiding the mirror will not get rid of any body dissatisfaction. You need to look at yourself quite often and endure any uncomfortable thoughts about your body image in order to take a personal responsibility to change what you do not like. If you do not want the unnecessary weight you see, find an effective weight loss program. If your hair does not make you happy, get an uplifting makeover.

4 DO NOT COMPARE YOURSELF WITH OTHERS

Comparing yourself with others is like poison. This could lead to stress, depression and feeling unworthy. Focus on being you and doing what you love most. Do not give in to criticism. If you see others with a better body image, do not feel intimidated but rather, be inspired. Find out how they have managed to maintain a healthy weight, great complexion and confidence. You will get from that person important information that will form the basis of your own body image improvement.

5 WALK THE TALK

As a parent or guardian, kids look up to you. You need to be their example or, at the very least, their point of reference. The way you solve issues and tackle criticism should inspire them. They need to see you appreciate your body, loving the way you look, preventing negative thoughts and staying committed to improving your body image. The urge to lead the young ones should give you a commitment to enhancing or maintaining how you look.

6 EXERCISE

Working out not only keeps you fit but also helps with a positive body image. Through exercise, you can work off excess weight, stay positive, appreciate the value of hard work and stay committed to your body goals.



Having a poor body image can have a negative effect on your health and wellbeing. Nevertheless, there is a way out of this destructive feeling! Make use of the tips discussed above to help you improve your body image.