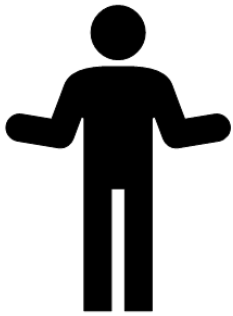


Self-Love

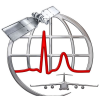


- Dieting is a significant risk factor for developing an eating disorder.
- While diets are normalized in society, they are not normal, healthy, or effective in the longer term.
- Body image is how you think and feel about your body, good or bad, and can be influenced by internal and external factors.
- Positive body image is associated with better self-esteem, self-acceptance, and healthy lifestyle behaviors.
- Positive body image is also associated with a balanced approach to food and physical activity.

Is going on a diet one of your New Years Resolutions?
Learn why positive body image and diets don't mix.¹



1. The State of Victoria, Australia & Department of Health. (2023). Body image and diets. Better Health Channel. <https://www.betterhealth.vic.gov.au/health/healthyliving/body-image-and-diets>
2. Body Image and Self-Esteem. (2023). Nemours Children's Health. <https://kidshealth.org/en/teens/body-image.html>



LOVE YOURSELF

Many people feel like they have to lose weight and get in better shape first to have a positive body image. It’s actually best to start the other way around. Here are some ways to accept yourself first²:

- Realize that nobody’s perfect and everyone has “flaws,” even people with seemingly perfect bodies.
- Be kind to yourself and don’t make harsh comments about your body. Would you talk this way to a loved one?
- Don’t compare yourself to others.
- Accept compliments (and actually believe what’s being said!)
- Focus on what your body can do, and be thankful for all that it allows you to do. Be aware, be amazed, and be thankful!



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Send your questions to usaf.jbsa.afmsa.mbx.hpo@mail.mil. For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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Air Force Health Promotion HQ

Community Events

HERE’S WHAT’S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday