

15 Coping Skills for Bad Body Image Days from The Eating Disorder Center

Self-Compassion

Be kind to yourself! Give yourself grace and try not to criticize yourself. You are not alone in feeling this way. We live in a society full of diet culture. Try not to beat yourself up for struggling with negative body image!



Practice Mindfulness

Mindfulness can help you become more aware of your thoughts and how you are feeling. Practice observing your thoughts and feelings without judgement and imagine them floating by like clouds passing in the sky.

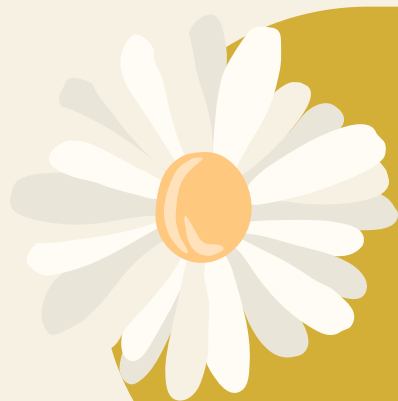


Lean on Your Support System

You deserve to be supported all the time, especially when you are not feeling great. Reach out to those you trust and seek support from. Be open with them about how you are feeling and how they can support you.

Practice Affirmations

Talk to yourself the way you would talk to someone you love or to your childhood self. Think about things that you love about yourself that have nothing to do with your body or appearance.



Self-Care

Practice self-care in whatever way works best for you! Take time for yourself and do something that you enjoy. Draw, read a book, or watch your favorite show!



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Grab Some Comfy Clothes

If you're struggling with negative body image, it can be helpful to put on some comfortable clothing that helps you to work to shift focus onto other things that are more values-aligned.



Reflect on Your True Values

Your brain (and society) may try to convince you that your body is what you have to offer to this world. This is not the truth. Spend some time reflecting on what your true values are, which the negative body image takes you away from.

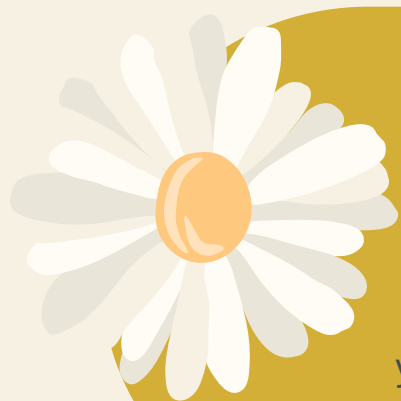


Ask Yourself What's Underneath

When you are flooded with bad body image, it may be helpful to dig deep and try to uncover what else might be upsetting you. This way, you can work to address what might actually be bothering you, which you may be projecting onto your body. Think of your experience of poor body image as an important signal, which tells you that you might need to pay attention to something else in your life.

Practice 'Opposite Action'

Opposite action is a DBT skill where basically we want to practice acting opposite to our emotional urges. When your brain is telling you to skip breakfast, instead ask a loved one to eat with you and have a nourishing meal.



Check out Body Diverse Folks Online

Research shows that following folks in diverse body sizes on social media is a powerful way to improve body image. Go look at some pages of folks who are diverse in body sizes, and share positive messaging around bodies and food.



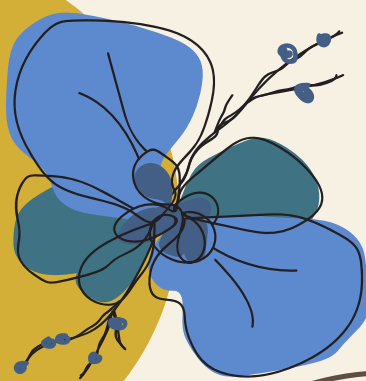
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Reflect on Role Models

Think about people you admire in your life and the qualities that you look up to in them. I'm guessing that your true role models are not people that you admire because of their appearance or bodies.



Make a List of Life Goals

Think about the goals that you have for your life which have nothing to do with your body or appearance. You could also do this in the form of a vision board or collage.

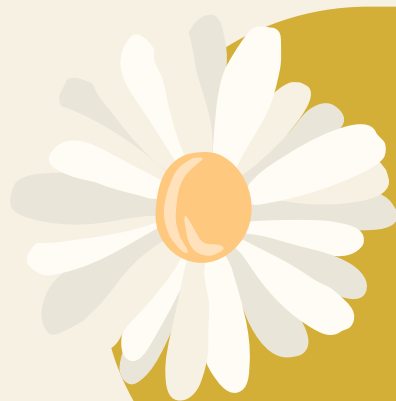


Think About What You Want To Be Remembered For

What kind of impact do you want to have on the world, and how is ruminating about the appearance of your body taking away valuable time and energy from this? Think about the legacy you want to leave behind.

Think About What You'd Want to Teach Kids in Your Life

If you were to go to a classroom of small kids, what messages would you want to teach them about their bodies? Remind yourself that you deserve to embrace that same messaging for yourself.



Process How You Are Feeling

Journal, talk to a loved one, reach out to or meet with a therapist. Take some time to process the emotions that you are experiencing related to and underneath your bad body image. Let yourself feel your feelings without judgment.



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