

Mental Health Break



Body Image Series

[Video 3: Why do I hate my body? \(part 1\)](#)

Accompanying resource:

Body Image Balance Log



Body Image Balance Log

A more balanced approach to your body means recognizing not just what you *don't* like about your appearance, but also what you *do* like or at least feel neutrally about.

Spend a few days noticing any features of your appearance you like or feel neutrally about. Write them down. Then, when you catch yourself criticizing your appearance, read the positive and neutral things you noted in this log. Feel free to keep adding entries to the log over time.

<i>"I like how my upper arms look."</i>
<i>"I don't feel bad about how my eyes appear."</i>
<i>"I'm neutral about my feet."</i>