

Body Appreciation

Body appreciation is showing your body respect by praising your body for what it can do, what it represents, its unique features, and its health regardless of its shape, weight, ability, or imperfections.^{1,2,3}

What does body appreciation look like?^{2,4}

- Praising your body for what it can do and what it represents such as praising your arms that allow you to play football or your head that allows you to wear a hijab to express your religion.
- Accepting your body and appreciating how it is unique by acknowledging that there are parts of your body that you love, are not a fan of, or are neutral about. Celebrate those parts that make you unique, such as that mole on your cheek.
- Respecting your body by attending to its needs and engaging in healthy behaviors to care for it, such as drinking water regularly.
- Protecting your body by being aware of unrealistic appearance ideals found in the media.
- Practice self-compassion by extending kindness and understanding to yourself when you don't feel great in the body you are in.

How to appreciate your body when it is challenging :⁴

- Remind yourself of your positive qualities and strengths.
- Focus on how your body functions effectively.
- Practice acceptance even on those days when you struggle with body image or appearance.
- Reduce or eliminate the use of social media for a specific period of time.
- Engage in your favorite activity.

References

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3. Tylka, T. L., & Wood-Barcalow, N. L. (2015). What is and what is not positive body image? Conceptual foundations and construct definition. *Body Image*, 14, 118-129. <https://doi.org/10.1016/j.bodyim.2015.04.001>
4. Wood-Barcalow, N., Tylka, T. L., & Judge, C. (2021). *Positive body image workbook: a clinical and self-improvement guide* (1 Edition). Cambridge University Press.