101 WAYS TO LOVE YOUR BODY

- eat chocolate
- communicate your needs and desires
- snuggle with a furry pet
- take a long walk
- appreciate the miraculous things your body can do
- give yourself a hug
- stop smoking
- masturbate
- cook dinner with people you love
- graciously accept compliments
- take a break
- squeal, shriek, yell
- get a tattoo
- listen to music
- make music
- dance
- play in the rain
- spend time with children
- look in the mirror and tell yourself you’re awesome
- spend time loving others
- take a nap
- jump for joy
- give yourself a facial
- throw away your scale
- enjoy small sensations, like bubbles in milk & new socks
- sleep naked
- dress up
- stop judging your body (and don’t let anyone else do it either)
- smile
- spend time in nature
- touch yourself gently
- dig in the garden
- learn to yodel
- play with makeup
- take photos of yourself on a good hair day
- surround yourself with role models
- wear comfortable clothes
- finger paint
- sleep in
- cook a four course meal just for you
- squeeze sand or mud between your toes
- put on a beautiful “under things”
- don’t walk, strut
- wear your favorite t-shirt
- hug a teddy bear
- swim
- eat organic food
- avoid “beauty” magazines
- touch plush fabrics like silk/velvet
- say nice things to yourself
- eat while you’re hungry (and stop when you’re full)
- meditate
- have a pillow fight
- listen to your body’s intuition
- respect your boundaries
- treat yourself to a hot tub
- slather yourself with lotion
- go for a run
- take a hot shower
- roll down a hill
- jump in a leaf pile
- make a snow angel
- floss your teeth
- massage your hands/feet
- wrap yourself up in a blanket
- wear comfortable shoes
- explore
- jump up and down
- give up all nighters
- feel the wind in your hair
- breathe deeply
- climb on things
- try to hear your heartbeat
- exercise
- roll around on the floor
- stretch
- look around
- appreciate beauty
- sit in child’s pose
- admire different body types
- ask someone to scratch your back
- enjoy the first peach of the summer
- wiggle your toes
- yawn
- laugh so hard your belly shakes and your sides ache
- slowly sip tea
- do yoga
- sing
- sit in the sun
- do sit ups
- play on a jungle gym
- turn off the TV
- get a massage
- go barefoot
- play with your hair
- water dry
- be affectionate
- curl up
- be affectionate
- cup up
- dance
- explore
- jump up and down
- give up all nighters
- feel the wind in your hair

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