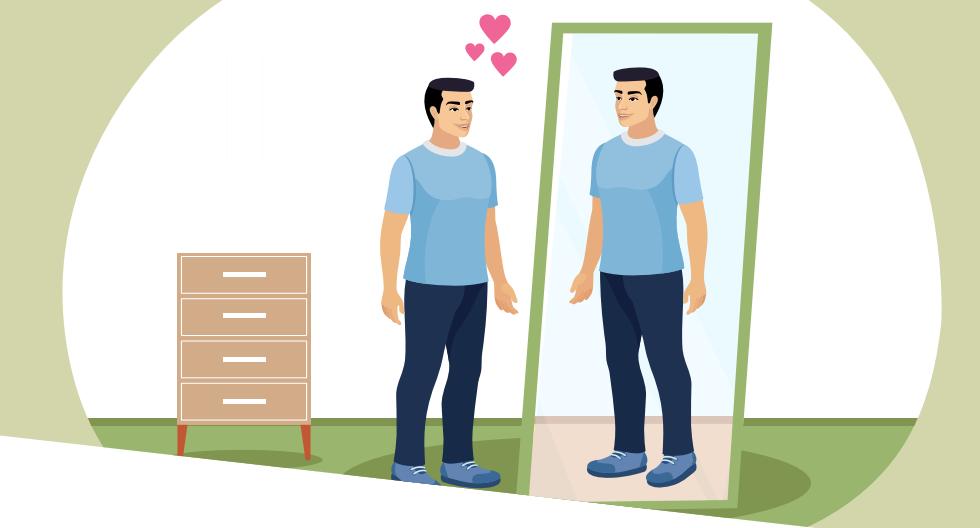


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# Benefits News



## Body Positive Moves to Boost Your Emotional Wellbeing

This document is part of the OEBB April Newsletter, Body Positivity. To access other resources, visit the [News and Events](#) page.

Body positivity is physical, mental, and social. It also has a big impact on emotional health. Here are body-positive activities you can try to boost your emotional wellbeing.



**Journal:** Write about the things you love about your body. Try to find one or two things every day for a month without repeating anything! Refer to this list when you need a boost. For a twist, write down thoughts that aren't body positive and where those thoughts came from. If you don't know where to begin, start with, "The first time I remember thinking this was ..."



**Work toward "body neutrality":** When being body positive doesn't feel genuine, try to shift your perspective to body neutrality. Body neutrality is the idea of accepting your body as it is in its current state. It's different from body positivity. It doesn't involve always loving your body. It's more about being accepting of it. It allows you to focus more on your body's abilities. It also helps you to see your body as a functional vessel and appreciate it for all that it's capable of doing.



**Stop comparing yourself to others:** Stop yourself when you start to make comparisons about your body or appearance. There is no one “perfect” body type or a single definition of beauty.



**Focus on self-care:** Do more things that make you feel good. Nourish your brain with things you love to learn about. Nurture your emotions with music that soothes you. Carve out time to indulge in a guilty pleasure, like reading comic books or watching a favorite show. Make dinner plans with an old friend. Get out in nature to see something amazing.



**Have patience:** Learning to love yourself is a journey. It requires a daily commitment. You’re going to have steps forward and leaps backwards. There may be times when you feel you’re standing still and accepting what’s around you. Give yourself some grace.

