



## POSITIVE BODY MANTRAS

*As adults, we have grown up hearing the golden rule of “do unto others as you would have them do unto you.” While this is valuable advice, an even more important rule involves being kind to ourselves. The concept of self-compassion, love, & perception in relation to self-image is a prevalent issue that is becoming the modern day golden rule. We have sought out our 9 favorite positive-body mantras from Health and Wellness professionals that could be the start of a beautiful adventure as we learn to be kinder and more loving towards ourselves.*

1. “I love myself. I respect myself. I am beneath no one.” –Jim Kellner

2. “Don’t let your mind bully your body.” –June Tomaso Wood

3. “Change your mind. Change your body.” –Angelena Marie

Stopping the negative self-chatter is the first step in learning to appreciate who you really are. Your mind should listen to your body, not the other way around.

4. “Don’t compare yourself to someone else’s highlight reel.” –Kimberly O’Connor

5. “You are not a mistake. You are not a problem to be solved.” –Geneen Roth

6. “Have pride in how far you have come. Have faith in how far you can go.” –Krysten Bishop

Comparison to others can be the thief of joy. We need to be recognizing everything that is amazing about us rather than dwelling on our imperfections. Aim for perfection and you’re sure to miss, but aim to get a little better every day and you can’t lose. Have some pride in your accomplishments, and your abilities as a human being.

7. “Work out because you love your body, not because you hate it.” –Katie Goulet

8. “I am imperfect and yet my imperfections, like any great work of art, are what make me a masterpiece.” –Kelsey Silver

9. “Don’t say anything about yourself that you wouldn’t say about your best friend.” –Elisabeth Tavierne

We are all imperfect, but if we can take away one lesson from this journey of life, let it be that our imperfections do not define us. We are a beautiful masterpiece that should be loved and taken care of. The same way we do not wish others to say hurtful things to us, let us remember to be kind to ourselves, and recognize that we are in the process of becoming an amazingly unique prized masterpiece. You have the power to take care of your body. Do so because you love it & see its potential!



### METABOLISM MATTERS

A recent study examined weight gain in a stressful environment. They looked at Army recruits that needed to lose weight, and found that those with self-compassion slimmed down (even under stressful circumstances) while those who had a negative self-image gained weight. Allowing yourself to have self-love and compassion can truly help you reach your weight loss goals!