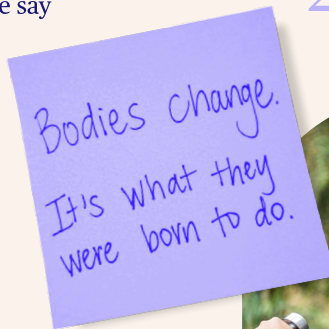


Reality check:

How do you think about your body?

We all have thoughts about our bodies—and some of them aren't very helpful. But thoughts aren't facts; they're just the things we say in our heads. And if we pay attention to our thoughts, we can begin to re-shape them.

Reframing unhelpful thoughts about our bodies can have a huge impact—studies show that developing a more positive body image may improve mood and make it easier to adopt healthy habits and stick with them.*



To start, try doing a reality check:

- 1 Notice unhelpful thoughts.** For example, maybe you focus on one small detail you don't like about your body until it tarnishes your view of everything else.
- 2 Do a reality check.** Ask yourself: What would I say to a friend who thought this way?
- 3 Respond with a new, helpful thought.** Here's one idea: focus on something wonderful your body can do.

Did you know?

WeightWatchers® has tools, tips, and a support squad of members and coaches to help you build healthy habits (like this!) that fit your lifestyle. Join today through our organization.

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*Foster G. The Shift. New York, NY: St. Martin's Press; 2021.

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