

Presented by BU Happiness College

# **Body Neutrality** **vs.** **Body Positivity**

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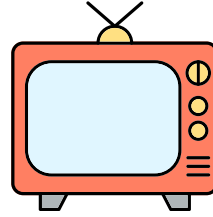
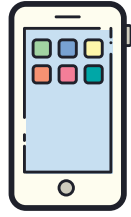




Your body is an instrument,  
not an ornament.



# Where you're at now



**What pre-conditioning about how I 'should' look have I had? eg. School, magazines, others opinions / limiting beliefs, social media, TV, movies etc.**

**How have you created part of your identity around that?**

**What limiting beliefs / stories / rules have or had I created?**



# Body Positivity vs. Body Neutrality

## Body Positivity

Feeling beautiful and confident at any size. Accepting and praising bodies regardless of gender, shape, size, skin tone, physical abilities etc. \* **can be similar to toxic positivity**

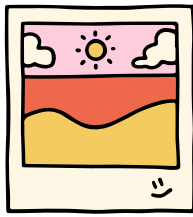
## Body Neutrality

Knowing my body is good, acceptable and worthy without me having to love the way that it looks every single day.

Separating your appearance from your emotional state. 'How I feel about myself doesn't have to have anything to do with how I look.'

**Which do I lean more towards at the moment, or which feels more realistic for me to move towards?**

# Examples of Body Neutrality



Seeing a photo of yourself that you don't like but not having any negative thoughts or big feelings attached. eg. like seeing a car you don't like.



Seeing yourself in the mirror and just thinking nicely or neutrally about yourself. Not having the way you look dictate your day or validating your worth.



Missing a days exercise and just moving on, not beatinf yourself up over it.



Exercising & focusing more on how your body feels, not how it looks.

**What are some examples that come to mind for me?**



# Reframing current behaviours

Could also think of this as 'What do I want to do less of?'

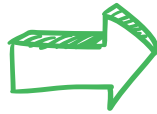


**Instead of this**

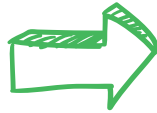


**Try this**

**Body checking**

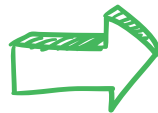


**Weighing myself**



**Negative self talk**

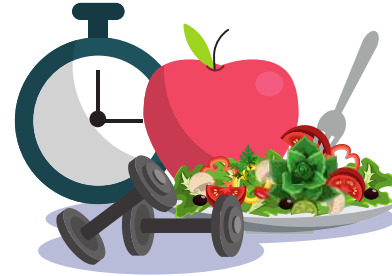
**How can you reframe your own behaviours?**



# Your tools



**Think healthy not  
skinny**



**What does health  
look like to me?**

**grateFUL**

**Being grateful for  
what your body can do**



**Bring in ACT**



**Body image resilience:  
genuine relationships  
around you**

**RESPECT  
Your Self**

**I don't have to love my  
body, but I can respect it.**



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...