

Put Your Body Image to the Test

How you feel about your body can really affect your outlook, goals, expectations — your self-esteem. Try these simple exercises to boost your body image today! When we as women feel good about our bodies, it's easy to teach young girls to feel confident and happy with theirs, too.

1. Remind yourself of all the things you are besides a body. "I am caring, athletic, intelligent, a good friend...." Develop your natural abilities. Stand proud!
2. Don't look to fashion magazines and television to define beauty. Accept yourself for your unique beauty. Make the most of your attributes.
3. Behave like a person who is comfortable with her body. Watch what happens to the way you walk and interact.
4. Spend five minutes each day looking at your body in a mirror — don't judge. Notice curves, length of arms, etc. Compliment yourself.
5. Develop good relationships with family, friends and other people in your life. Offer them positive affirmations and learn to accept compliments gracefully.
6. Don't criticize the way others look. No gossip. No snide remarks. No tasteless jokes. This only perpetuates a culture obsessed with physical appearance.
7. Refrain from criticizing yourself. When you say, "I hate my thighs" to a young girl, she may look at herself negatively as well.
8. Show your inner beauty. Smile at a stranger. Offer kind words to someone who is having a bad day. Praise a young girl's accomplishments.



Kappa Delta Sorority is proud to join forces with Dove, the global beauty brand, through its Campaign for Real Beauty to help raise self-esteem in girls and women. The Campaign for Real Beauty is a global effort intended to serve as a starting point for societal change and act as a catalyst for widening the definition and discussion of beauty. Girls and women of all ages benefit from the campaign as we explore what it is to be beautiful with our friends, coworkers, mothers and daughters. For more information, visit www.campaignforrealbeauty.com or www.kappadelta.org.

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