

OCTOBER NEWSLETTER

HEALTHY BEHAVIORS & POSITIVE BODY IMAGE

MONTHLY CHALLENGE

WEEK 1: Perform one form of exercise a day that allows you to relax

WEEK 2: Enjoy 1-2 outings this week with a family member or friend

WEEK 3: Pay attention to any craving triggers. When feeling stressed & looking to food for comfort, try going for a walk or doing something you enjoy.

WEEK 4: Make a list of 10 things you like about yourself & refer to it daily.



WELLNESS CORNER

To induce positive thoughts of self body image, it can help to think of and create new ways to view yourself and your body in a happy and healthy perspective. Here's a list of a few things you can try:

1. Appreciate all that your body can do. Every day your body carries you closer to your dreams. Celebrate all of the amazing things your body does for you --running, dancing, breathing, laughing, dreaming, etc.
2. Keep a top-10 list of things you like about yourself -- things that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about you.
3. Do something nice for yourself -- something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, find a peaceful place outside to relax.



WELLNESS CORNER CONTINUED...

4. Look at yourself as a whole person. When you see yourself in a mirror or in your mind, choose not to focus on specific body parts. See yourself as you want others to see you -- as a whole person.
5. Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are.
6. Shut down those voices in your head that tell you your body is not “right” or that you are a “bad” person. You can overpower those negative thoughts with positive ones. The next time you start to tear yourself down, build yourself back up with a few quick affirmations that work for you.

https://uhs.berkeley.edu/sites/default/files/bewell_tenstepsbodyimage.pdf

To meet with one of our clinical therapists, or to schedule an appointment for a weight loss consultation, give us a call!

(385) 203 - 1250

OREM:

700 W 800 N, Suite 220

Orem, UT 84057

PROVO:

1055 N 500 W, Building A

Provo, UT 84604

ANNOUNCEMENTS

Join our free FB Live classes this month!

OCT 2 — Healthy Behaviors & Mindset

OCT 16 — Body Image & the Media



@ RHWeightLoss



@

Revere Health Weight Loss & Nutrition Center