

MANAGING BODY IMAGE TRIGGERS

MaKai Nutrition LLC

WHAT INFLUENCES YOUR BODY IMAGE?



Is it the scale? That full-length mirror? Social media? Clothes that don't fit right?

HOW TO MANAGE THESE INFLUENCES

1. Refer back to your why!
2. Curate social media feed.
3. Get rid of clothes that no longer serve you (and welcome in more comfortable clothes if able).
4. Ditch the scale*
5. Turn the mirror around*


SOMETHING TO REMEMBER:

**Your body is the least interesting
thing about you**

”

I saw this on IG once, not sure the author of this quote



themirnavator  • Following
Santa Teresa, Costa Rica



themirnavator  I look at this picture and have several thoughts, and all of them are good. I think about how incredible this trip to Costa Rica was and how awesome it was to learn to surf and add yet another athletic obsession to my list. I think of [@nicoledeboom](#) and how she asked me to be there for a Skirt Sports beach shoot. I think of how lucky, grateful, and expansive I felt. I think of all the badass women I was with on this [@WomensQuest](#) Surf and Yoga Retreat. I think of how warm it was, and



Liked by **ditch.your.diet** and **4,845 others**

MAY 15

Add a comment...

Post



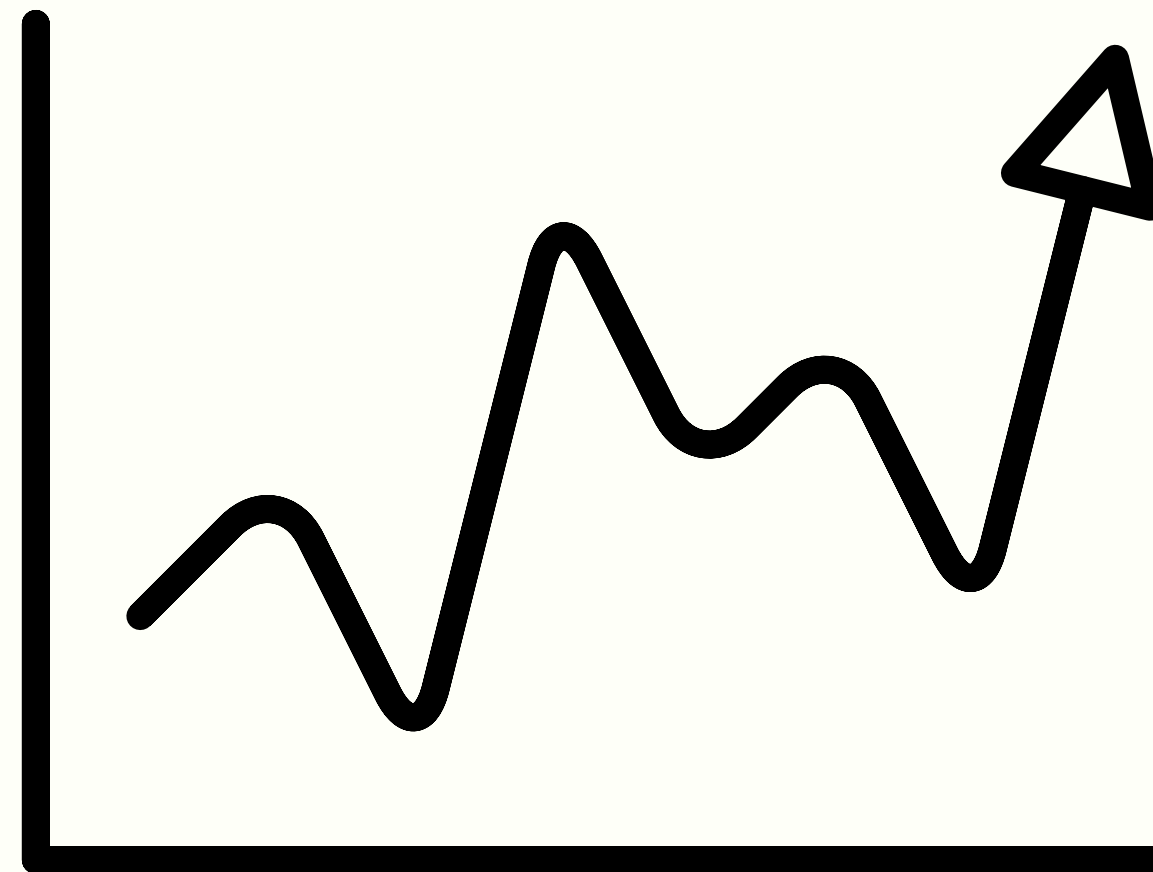
JOURNAL PROMPT

Write a letter to your body as if it was a person. Allow whatever feelings/thoughts that come up to be released onto the paper. See what it teaches you or what it helps you release.

Common thoughts/feelings that come up include: anger, asking for or giving forgiveness, sadness, gratitude, clarity, understanding, empathy. Whatever comes up for you is okay. Feel the feels and allow them to pass through you.

REMINDER

**Building body respect takes time,
work, and patience. It will not
happen overnight, but working
towards it is so worth it.**



”

Action Steps

Post in the Facebook community for accountability



LETTER TO YOUR BODY

Write the letter to your body. Take your time. Post it in the facebook group if you want, or post a reflection on how it felt to do it in the facebook group.

CURATE SOCIAL MEDIA

Unfollow those that trigger you and follow those that empower you. Diversifying your social media feeds is a great way to change your perspective on what a "normal body" looks like to you

Questions? Thoughts?