FOLLOW US ON SOCIAL MEDIA FOR MORE TIPS AND TRICKS AND A MASSIVE LIST OF OTHER ACCOUNTS WE THINK YOU SHOULD FOLLOW!

EVEN DELETE THE APPS OFF YOUR PHONE FOR A FEW DAYS. IT WILL STILL BE THERE WHEN YOU GET BACK.

TAKE BREAKS FROM SOCIAL MEDIA.

DIVERSITY OF PEOPLE, DIFFERENT BODY TYPES AND LIFESTYLES.

FOLLOW ACCOUNTS THAT SHOW

YOU FEEL BAD ABOUT YOURSELF, OR MAKE YOU COMPARE YOURSELF TO OTHERS.

CHECK LIST UNFOLLOW ANY ACCOUNTS THAT MAKE

SOCIAL MEDIA 🗹

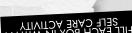


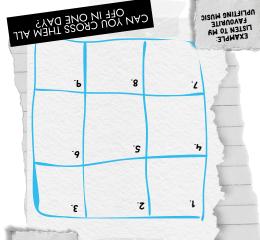












TRY THIS BEFORE AND AFTER DANCING PART OF THE BODY FOR AS YOU GO?

IT IS SO IMPORTANT FOR US TO LISTEN TO WHAT OUR BODY IS TELLING US

ELBOWS / SHOULDERS

HOW DOES EACH BODY PART FEEL?

EVERY MUSCLE YOU CAN SQUEEZE AND RELAX, CAN

YOU GIVE EACH BODY PART A WRIGGLE?

LEGSKNEES

MA THICHS ARE STRONG AND KEEP ME STABLE

MA ARMS LET ME HUG MY FRIENDS AND STROKE MY PETS

LIST 5 THINGS BELOW

TO YOUR BODY FOR?

WHAT ARE YOU GRATEFUL

HOW TO DO A...

BODY CHECK IN

YOU CAN SIT, STAND

OR LIE DOWN

STOMACH

CHEST

STARTING FROM THE

BOTTOM OF YOUR BODY

FIND SOMEWHERE

TO BE STILL

TAKE A DEEP

BREATH

YOUR TOES

JUTSTAAD

**EXAMPLES** 

2

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MY FEET WORK HARD EVERY DAY TO GET ME WHERE I NEED TO BE

WA LEGS HELP ME JUMP AND DANCE

MY STOMACH DIGESTS THE FOOD THAT FUELS ME

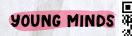
WHICH PARTS OF YOUR BODY NEED REST OR STRETCHING CAN YOU LIST SOMETHING YOU ARE GRATEFUL FOR EACH



## THERE IS ALWAYS HELP AVAILABLE **YOU ARE NOT ALONE**

IF YOU ARE WORRIED AROUT YOURSELE OR SOMEONE ELSE TALK TO A TRUSTED ADULT OR FRIEND

SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH







WHAT IS BODY IMAGE?

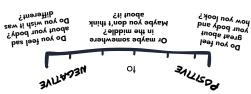
THIS BOOK BELONGS TO

SELFCARE

HANDBOOK

FOR DANCERS

about how you look. This can be on a scale from Your body image is your teelings and opinions



and it has nothing to do with how we actually look. Our body image can change every day

**BODA IMACE?** 



Try feeling neutral your body looks like doesn't really matter! MEUTRALITY



AFFIRMATIONS