



What is body diversity?

Search



body diversity

/ba-di'dih-vur-si-tee/

term,

Appreciating the differences and diversity of women's body shapes regardless of size and skin color.

www.raydiantu.com

UNDERSTANDING BODY IMAGE

WHAT IS BODY IMAGE?

Body image refers to how we perceive and feel about our physical appearance. It encompasses our thoughts, feelings, and attitudes towards our body.

WHY IT MATTERS

- A positive body image contributes to better self-esteem and mental health.
- Negative body image can lead to anxiety, depression, and eating disorders.
- Body image affects how we interact with others and how we are treated in society.

KEY INFLUENCES

1

Unrealistic beauty standards portrayed in media and advertising.

KEY INFLUENCES

2

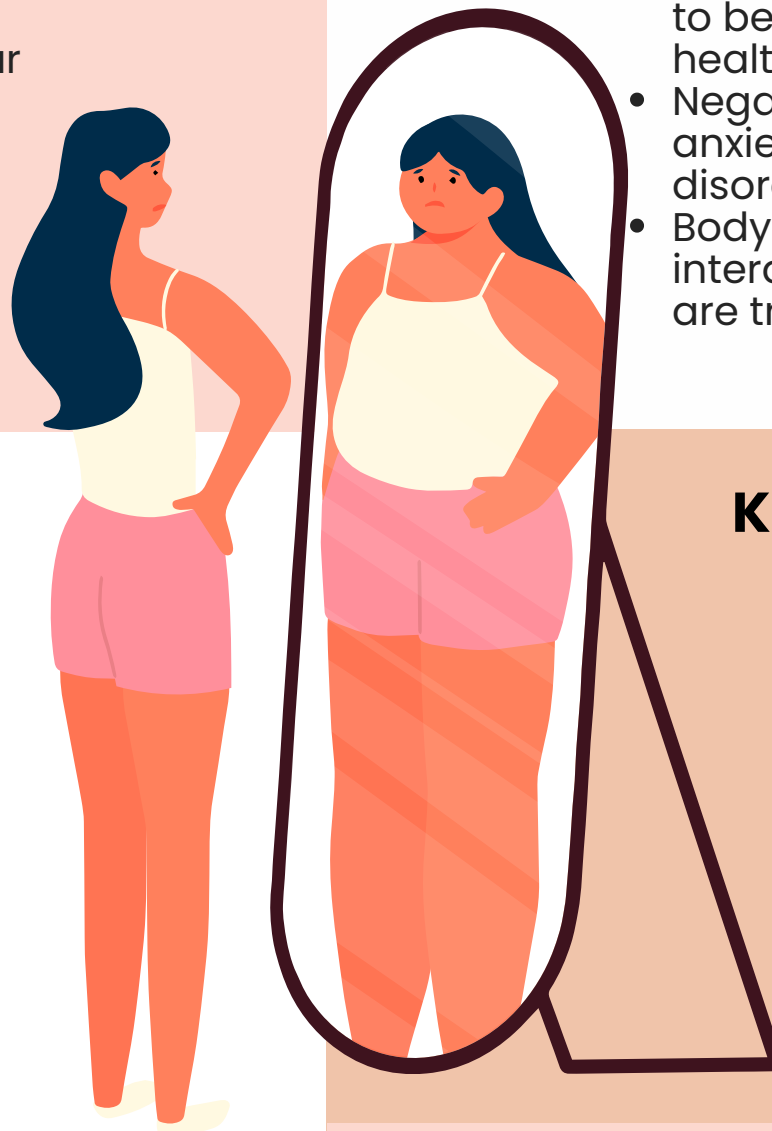
Social media can distort our perceptions of "ideal" body types.

3

Cultural expectations and beauty ideals vary and impact body image

4

Individual experiences and comments from others can shape our body image.





Do not compare
your body to
others

Being around
supportive people



5
WAYS TO PRACTICE
BODY POSITIVITY

Practice positive
affirmations
daily



Give your body a
special treat



Focus on the
things you like
about yourself



DAILY AFFIRMATIONS

I am radiant

I am Loved!
So, so LOVED!

I am beautiful and
my voice matters

Slow growth is
still growth

YOU GOT THIS!

I am talented
& intelligent



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EVERY BODY IS
BEAUTIFUL

