

Easy Tips for Emotional Health and Practicing Body-Positivity During Holidays

Plan ahead

Plan ahead on how you're going to respond in a healthy way to your triggers- whether it be a family member or social media. One mantra you can use- I bless and release what doesn't bring me peace



Create Boundaries

Keep your space sacred by establishing boundaries around conversations regarding your body. Change topic or politely tell how you don't discuss your weight or shape with others

Practice Self-love

Speak to yourself and about yourself with kindness. Write down things you like about yourself which are not tied to your body weight or shape



Use positive affirmations

I LOVE & APPROVE of myself. I Deserve the BEST. I'm blessed and grateful

Seek Support

Reach out to a therapist if you can't get out of self-esteem issues or are suffering from bad emotional health.



For bite-sized weight loss tips & overall health to fit in your busy life, follow me on IG @fitnessinbites

