

And a few more thoughts about

# How to Change Your Body's Story

## PTHC June 2015

### REMEMBER:

- It's okay to laugh at the funny parts.
- It's okay to cry at the sad parts.
- You don't have to love your body to take care of it
- All is not lost in your self/body relationship. Are you alive? There's still hope.
- You always deserve health care no matter what your body looks like and **NO MATTER YOUR ACTIONS TOWARDS YOUR BODY**. Believe this, write it on your arm, get a tattoo.
- Hold yourself a five minute dance party: find a way to have some joy with your body even if it's thumb wrestling. Or doing a finger dance.
- Find small ways to reconnect with your body. Sex might not be the best way!
- Acknowledge that a body can be a sweaty, smelly awkward thing but that having a body is not a really a choice.
- Find a slightly different way to talk to yourself
- Breathing is really important
- So is water. Boring but important.
- It's okay to laugh at the funny parts.
- It's okay to cry at the sad parts.

### ONE SMALL ACTION I CAN TAKE

Other thoughts? Have a question or need support? [kellidunham.com](http://kellidunham.com) or [kellidunham@gmail.com](mailto:kellidunham@gmail.com)