

Writing Prompts: Practicing Affirmations Self-care

- Desire to care for the body regarding weight or weight change.
- Ability to see all bodies need care regardless of size.
- Ability to identify steps toward self-care.

Practicing Affirmations for Self-care

- Willingness to commit to self-care.
- Being able/aware of what self-care is for them.
- The effort to engage in self-care, including managing a chronic disease.
- Insight after engaging in self-care or responding to the body with self-compassion.