

Let's talk about body image.

Body image is what you think or feel about your body. We know it can be hard to maintain a positive body image, but it is important for your health! Here are some tips to show yourself some love:

- ✓ Give yourself positive affirmations
- ✓ Take time to celebrate yourself
- ✓ Avoid comparing yourself to others - you are unique!
- ✓ Identify and develop your own strengths.
- ✓ Talk about it! Request a visit to talk about what's on your mind.

Irving Materials, Inc. provides First Stop Health Virtual Counseling to employees enrolled in the medical plan and their immediate family members. A visit costs \$0.00.

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