Stall Seat Journal Office of Health Promotion epartment of Student Health & Wellness University of Virginia Edited by Caleigh McDonough, Class of 2022 Designed by Lexi Magenheim, Class of 2023

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help you feel and function at your best physically and mentally. Read on for tips about supporting exercise and nutrition embracing body positivity and celebrating self-low

Body image can be a sensitive subject and individuals hold various self-perceptions. Here are some ways to build a space of body positivity:

Avoid body shaming yourself and others.

Be a supportive, trustworthy friend.

Use "I statements" if discussing your concerns with a friend.

Give compliments about someone's character instead of appearance. Comments – positive or negative – related to physical appearance, eating and exercise habits can be triggering.



Fuel yourself with r meals, snacks and water throughout the day.

> Aim for a balanced plate of nutritious foods that make you feel satisfied and energized. Try for a I mix of protein, carbs and fats.





Sit down for meals and take a mental break from school work and screens. Use this time for socializing with friends, reflecting, having a picnic, or listening to music or a podcast.



Start your day off right by e as a regular part of your morning routine

outside between classes, looking up a workout video on YouTube, or doing an AFC group fitness class with a friend! Blocking out time in your schedule to be

active can help you follow through and stay



Moving your body releases endorphins and improves

well-being. Get your heart rate up by taking a brisk walk

80%

*From the February 2020 NCHA with responses from

of UVA undergraduates agree that health and well-being are a priority at UVA.*

"Web-Based Course" means you're not confined to a specific

m and do virtual classes 1515The AmphitheaterThe Gardens from different study spaces!



BECAUSE MY BODY PESERVES TO BE TAKEN CARE OF"

Write affirmations on sticky notes and place them on

your mirror and computer screen to show

self-love and radiate positivity.

"I AM BEAUTIFUL"

"I LOVE MY
BODY AND
I LOVE
MYSELF"

- RESOURCES

The UVA Office of Health Promotion

For nutrition counseling with a dietitian or education with a trained Peer Health Educator (PHE), call (434) 924-1509.

Maxine Platzer Lynn Women's Center

For body positive education, advocacy, and support services, including eating disorder screenings, call (434) 982-2252.

UVA Dining

For nutrition consultation related to meal plans, food allergies and accommodations, and eating at on-Grounds dining locations, call (434) 982-5117.

Counseling and Psychological Services (CAPS)

Visit our Resources Page for more!

can win cool prizes.

If you get an email to take the Spring Health Survey, please do! We want your input for the Stall Seat Journal, plus you