

What Have Your Thighs Done For You Lately?

When you're unhappy with how your body looks, you can forget about all of the ways your body supports you every day. When you take a moment to appreciate all the things you like and/or appreciate about your body that have nothing to do with appearance, you give yourself and your body some of the nurturing it deserves. Following are some of the ways you might appreciate your body *that have nothing to do with looks*. Add some of your own!

- I appreciate my brain that allows me to think critically and learn new things every day.
- I appreciate that when I am happy, I can feel it and show it through smiling and laughing.
- I appreciate that my body works and keeps me alive every day.
- I appreciate my hemoglobin for carrying oxygen throughout my blood and to my muscles so I am able to use them without fatiguing.
- Thanks for taking me for a lovely walk this morning.
- I appreciate the restful night that my body had last night and that I feel rejuvenated today.
- I'm grateful for the inner signals that guide my eating so I no longer worry about that.
- I appreciate my energy, it allows me to get things done.
- I appreciate that I have working legs and I am easily able to move around.
- Thank you for the ability to slow down, to step away and understand what I need.
- Thank you, legs and arms, for the strength and balance to ride my bicycle.
- I'd like to thank my body for the ability to express my emotions in beautiful ways.
- Thank you, eyes, for letting me see that amazing sunset.
- Thank you for the ability to show my family that I love them, to give hugs and kisses.
- I am grateful that my mind has opportunities to go wild, and to be creative whenever it pleases.
- Thank you, feet, for carrying me everywhere and anywhere my mind wishes.
- My body allows me to be able to get up every morning and walk to class without pain and effort (one of our teachers is in a wheelchair and has helped me realize I am grateful to be able bodied).
- My body lets me enjoy eating anything that I want (I'm not allergic to anything, I don't have to eat through a tube, etc.).
- I appreciate that my body is able to run, which has allowed me to meet so many different people and makes me feel good.
- I appreciate that my body lets me dance.
- I appreciate that my body lets me walk up stairs
- I appreciate that my body lets me hold and feel things.
- I appreciate that my body constantly works to protect me from contagious illnesses.
- I appreciate that my body lets me hug and embrace people.
- I appreciate that my body is able to carry my backpack and my books and water bottle so that I can maneuver through campus easily.
- I appreciate that my body lets me experience the world.

Can you think of some other ways your body supports you every day? You will be more content with yourself if you recognize not only the wonder of all that your body does for you, but also intentionally having gratitude for what your body accomplishes in your life.

Thank you to my dietetic interns who contributed to this list.