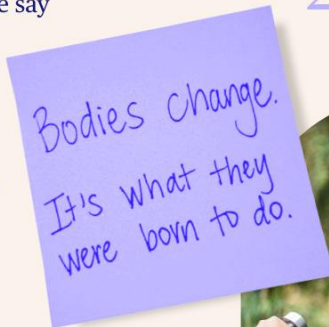


Reality check:

How do you think about your body?

We all have thoughts about our bodies—and some of them aren't very helpful. But thoughts aren't facts; they're just the things we say in our heads. And if we pay attention to our thoughts, we can begin to re-shape them.

Reframing unhelpful thoughts about our bodies can have a huge impact—studies show that developing a more positive body image may improve mood and make it easier to adopt healthy habits and stick with them.*



To start, try doing a reality check:

- 1 Notice unhelpful thoughts.** For example, maybe you focus on one small detail you don't like about your body until it tarnishes your view of everything else.
- 2 Do a reality check.** Ask yourself: What would I say to a friend who thought this way?
- 3 Respond with a new, helpful thought.** Here's one idea: focus on something wonderful your body can do.

Did you know?

WeightWatchers® has tools, tips, and a support squad of members and coaches to help you build healthy habits (like this!) that fit your lifestyle. Join today through our organization.

Maximize your summer grilling season

There's still time to squeeze in a few more amazing summer barbecues this summer! Make them easy and delicious with these [Grilled Eggplant, Tomato, and Feta Stacks](#).



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You can also reach out to your HR team or call WW at 866-204-2885.

*Foster G. The Shift. New York, NY: St. Martin's Press; 2021.