



Getting More Comfortable in Your Body: Small, Gentle Practices

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Body esteem is a lifelong practice. You don't need to love your body every day to treat it with kindness.
Think of your body as the vessel that makes your living possible.

1. Focus on Function over Feature

- Shift your focus from how your body looks to what it does. Over time, these moments reshape how you see yourself.
- Notice simple abilities: seeing, hearing, laughing, walking, feeling emotions.
- Practice gratitude: "I'm grateful my legs carry me," "I'm grateful my heart keeps beating." "I'm grateful I can see."

2. Practice Neutral Noticing

- When you experience a negative body thought, don't place judgement on it
- Gently state facts: "This is my abdomen. This is where my body digests food. This is where I carried my babies."
- Instead of: "I hate my stomach." Try: "I'm noticing the thought that I hate my stomach." This helps create space between you and the thought.

3. Diversify Your Environment

- Retrains the brain to recognize that all bodies are valuable, including your own.
- Make sure you get to see a variety of real bodies in real life and media.
- Curate social media feed representing different shapes, sizes, ages, and abilities
- Choose friendships and communities that value inclusivity and diversity

4. Wear Clothes That Fit Your Current Body and are Comfortable

- Comfort supports confidence and body neutrality.
- Clothing is meant to serve you and not the other way around.
- Shop for the body you have today.
- Avoid the discomfort and self-judgment of wearing items that don't fit well.
- Be mindful and accepting that menstruating female bodies often change within a given month

5. Build Tolerance for Healthy Discomfort

- Growth often requires stepping slightly outside your comfort zone. Each step increases your capacity to accept yourself and your body.
- Start small and pair the discomfort with a meaningful reason.
- Allow photos of yourself (and keep or post them!). Leave the house without makeup. Don't redo your hair. Wear a fitted shirt.

6. Avoid Diet and Food Talk

- Food and body commentary is everywhere. Choose not to participate.
- Redirect conversations to topics with depth and meaning.
- Talk about values, relationships, creativity, faith, goals, joy.
- Protect your mental and emotional space.

7. Practice the 10 Principles of Intuitive Eating

- Build trust with your own body over time.
- These principles help reconnect you with internal cues rather than external diet rules.
- Reject the diet mentality, honor your hunger, make peace with food, challenge the food police, discover the satisfaction factor, feel your fullness, cope with your emotions with kindness, respect your body, move and feel the difference, honor your body with gentle nutrition

8. Engage in Joyful Movement

- Move your body in ways that feel good and you enjoy
- Look for movement that brings pleasure, energy, or calm.
- Exercise to support health, longevity, nervous-system regulation, and connection with people you love.
- Notice how movement can boost mood and increase appreciation for your body.

Start with kindness, curiosity, and simple practices that create more peace with your body.

Small shifts, practiced consistently, lead to meaningful change.