



BODY POSITIVITY WEEK

Monday, March 18

Spot positive messages across campus!

Tuesday, March 19 (Giving Day)

Love Your Body: Free Yoga Class, 5:00-5:45pm, Studio 5

Wednesday, March 20

Spot positive messages across campus!

Thursday, March 21

Every Body Can Dance: Free Zumba Class, 4:15-5:00pm, Studio 4

Mind Over Muscle: Free Strength Class, 5:15-6:15pm, Studio 5

Friday, March 22

Positive Affirmations Booth & Banner, 2-3pm, UC

Saturday, March 23

Spot positive messages on the @UMWCampusRec Instagram!

Sunday, March 24

Ladies Lift Night Special Event, 8:00-9:30pm, UMW Fitness Center

Body Positivity week is a collaborative effort between the James Farmer Multicultural Center, Student Activities and Engagement, Orientation, and Campus Recreation.

Body confidence does not come from trying to achieve the “perfect” body, it comes from embracing the one you’ve already got.

Treat your body right

PRACTICAL TIPS FOR IMPROVING YOUR SELF IMAGE

- Evaluate your internal self-dialogue. If you wouldn't say those things to a friend, consider working on what you're saying to yourself.
- Thank your body for the things it allowed you to do today. Got you to class? Exercised? Ate lunch? Got you to work?
- Wear clothes that are comfortable and make you feel the best about your body.
- Become a critical viewer of social media messages. Pay attention to things that make you feel insecure about your body. Remove those from your feeds!
- Do something nice for yourself. Something that lets your body know you appreciate it. Take a bubble bath, make time for a nap, or find a peaceful place outside to relax.
- Use the time and energy that you might have spent worrying about food, calories, and your weight to do something to help others. Sometimes reaching out to other people can help you feel better about yourself and can make a positive change in our world.

Source: "10 Steps To Positive Body Image" via NationalEatingDisorders.org

What's the deal with JUULING?

A single Juulpod contains 40 mg of nicotine—equivalent to an entire pack of standard cigarettes.

Nicotine is an addictive substance that is associated with a number of harmful effects, no matter how it is introduced into the body.

Source: <https://www.yalemedicine.org/stories/teen-vaping/>

The TRUTH about marijuana use

Taking a break from marijuana could improve verbal learning skills and memory.

Source: Journal of Clinical Psychology

Negative effects of marijuana may be reversible within a short amount of time.

Source: Journal of Clinical Psychiatry