Core Elements of a Body Trust® Practice

- Redefine what healing looks and feels like
- Externalize shame, blame and bias
- Explore, name, and reclaim your body story
- Look and listen to yourself with kindness and curiosity
- Root self-care practices in weight-neutrality
- Rediscover, embody, and allow for pleasure
- Reconnect with your body's needs and boundaries
- Find community
- Focus on small consistent acts to rebuild trust
- Externalize shame, blame and bias
- Look and listen to yourself with kindness and curiosity

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