

# THE RAINBOW OF BODY NEUTRALITY

AFFIRMATIONS FOR EVERY SHADE OF YOU!

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**LIKE MY MIND, MY BODY GROWS, CHANGING  
IN WAYS THAT NO ONE KNOWS.**



**SOME DAYS HIGH, SOME DAYS LOW, IT'S  
OKAY IF MY FEELINGS FLOW.**



**MY BODY'S JUST A PART OF ME, THERE'S SO  
MUCH MORE THAT MAKES ME 'ME'.**



**THROUGH UPS AND DOWNS, BOTH FAST AND  
SLOW, MY BODY'S CARRIED ME AS I GO.**



**IT'S OKAY TO FEEL AND GIVE MYSELF  
GRACE, MY BODY MOVES AT ITS OWN PACE.**

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helpline or live chat!