Tips for supporting friends & loved ones with body image concerns

Use "I" statements

e.g. "I'm worried about you..."
"I noticed..."

Remain non-judgemental

e.g. "Can you tell me more about how you came to believe that?"

Be mindful of your needs & well-being

e.g. walk away from conversations or change the topic if needed

Offer validation

e.g. "Ugh, that sucks - tough body image days are rough"

Ask questions for clarity

e.g. "How can I help make [lunch/gym class] more comfortable for you?"

Visit NEDIC.ca to access support through our confidential helpline or live chat!