



## Well Devils – Accept Yourself and Others

Body acceptance is having a favorable opinion of one's body image. Feeling pleased, comfortable, confident and proud are some of the characteristics of body acceptance. Individuals with body acceptance have a greater likelihood to take care of their bodies, experience high self-esteem and appreciate the uniqueness of others.



## How to Improve Body Acceptance?

Focus more on wellness and health and less on appearance and weight. Practice healthy eating, active living, self-acceptance, respect and appreciation for others. [Learn more at ASU Wellness Body Image & Eating Disorders.](#)



## Wellness Activities & Events

- [Feb. 3 – 7 Body Pride Week, Campus-wide](#)
- [Feb. 3 – 7 Well Devils Week, Tempe](#)
- [Feb. 4 Body Pride Fair, West](#)
- [Feb. 5 Body Pride Fair, Downtown Phoenix](#)
- [Feb. 5 It's Your Money Workshop, Polytechnic](#)
- [Feb. 6 Body Pride Fair, Polytechnic](#)



## Tempe Body Pride Week Events

- [Feb. 3 Body Pride Fair](#)
- [Feb. 3 Mindful Eating Workshop](#)
- [Feb. 4 Bring Your Sexy Back](#)
- [Feb. 5 Retrospective of Body Image in Cultures](#)
- [Feb. 6 Recovering from an Eating Disorder Panel](#)
- [Feb. 6 Feel Good Thursday: Free Massage and Snacks](#)

\*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email [wellness@asu.edu](mailto:wellness@asu.edu)

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