

Download Plus Body Positive Drawings

What is a Positive Body Image? (Definition) In simple terms, body image is: "...the perception that a person has of their physical self and the thoughts and feelings that result from that perception." (National Eating Disorders Collaboration) So often today on social media we are bombarded by images of plastic people, airbrushed and filtered to such an extent that all genuine emotion and feeling, the human connections that shine through the picture and into our hearts, is lost. Become a Science-Based Practitioner! The Positive Psychology toolkit is a science-based, online platform containing 135+ exercises, activities, interventions, questionnaires, assessments and scales. The Series 140, 220, 240, 440, and 540 were tested for ADA compliance for opening load force per ADA/BOMA SEC 4.1311. Tests conducted by MEI Charlton, Inc., Portland, OR.