

I'm not robot!

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6 WAYS TO BE #BODYPOSITIVE



1. FOCUS ON WHAT YOUR BODY CAN DO

Think of the millions of unique things your body helps you do everyday. This is a great reminder that you're so much more than the way you look.



2. QUESTION WHAT YOU SEE IN THE MEDIA

Next time you see an "ideal" body, think: What goes into looking that way? How many people do you see in everyday life that look like that? Is it realistic or helpful to compare yourself to that standard?



3. UNFOLLOW PEOPLE WHO MAKE YOU FEEL CRAP ABOUT YOURSELF

For a positive newsfeed, try following people you admire who have all different interests - and body shapes.



4. SAY THANK YOU

Next time someone gives you a compliment, try saying thank you rather than shrugging it off. Showing gratitude can go a long way to improving how we feel about ourselves.



5. FOCUS ON OTHER PEOPLE'S GOOD QUALITIES

Looking for the good in other people creates positive vibes and can even help you focus on your own strengths.



6. HANG WITH POSITIVE PEOPLE

Surround yourself with people who get you and encourage you to feel confident.

We know that feeling good about your body or appearance isn't always easy. If you are struggling with body image, visit ReachOut.com or chat to the [Butterfly Foundation](http://ButterflyFoundation.org) on 1800 33 46 73.



WARNING PHOTO ILLUSTRATION

Ask Colonel Clearwater

Dear Colonel Clearwater, What a liberal rag! Forget experience. Look at expertise. You have to admit that Sen. McCain has a better grasp on foreign policy than the opposition. Admit it!

L.C., Largo, Florida

Dear L.C., We don't usually print letters from out-of-towners, but you raise a good point. Here's what Sen. McCain said. "It's common knowledge and has been reported in the media that al-Qaeda is going back into Iran and receiving training and are coming back into Iraq from Iran, that's well known. And it's unfortunate."

Then his ally, Sen. Joe Lieberman whispered in his ear. Sen. McCain then said, "I'm sorry, the Iranians are training extremists, not al-Qaeda."

Senator McCain has recently made this same mistake four times, even once in writing. In foreign policy, he sounds more and more like Mr. Magoo. It just seems that he doesn't know Shia from Shinola.

Colonel Clearwater

Dear Colonel Clearwater, Barack Obama's preacher said "America's chickens are coming home to roost!" and other nasty stuff. I think we should vote against him. What do you think?

P. Jones

Dear Ms. Jones, When I was a sprout in a little church in the Woodwood, my preacher got in front of the flock (who were flapping cardstock fans with a funeral company's ad). He took out a handkerchief, wiped his brow and said, "It's a G** D** hot day out there." After the gasps died down he went on, "I heard a teenager say that to his friends this morning." Then he delivered a fiery sermon on "Laking the Lord's Name in Vain." He wasn't my preacher. I didn't think he should have used bad words in church. But he didn't consult me before saying it. And some of the grown-ups seemed to like it. (I think I was eight at the time.)

I have a news flash for you: (act surprised and try not to feel silly.)

NEWS FLASH! Inner City Black Minister **Bitter About Racism!** Quoting people out of context: It's just part of the Silly Season. It's gonna get worse. Col.CW

