If I could talk to my younger self, I'd say: "Stand tall, Mia!... You'll see your true value. Your body isn't wrong. The message of diet culture is wrong. You don't have to be in a certain body to be lovable, acceptable and worthy. Ask for help and you'll see your true value".

Don't let the words people say stop you believing in yourself. The true joy in life isn't your looks. It's your character, your work, your passions. Own it and you'll go far!

Butterfly
LET'S TALK eating disorders

You're enough as you are

A daily reminder...

- I am kind, I am smart, I am important.
-
-

Add your own positive messages above.