

Dr. Robin Dickinson

10

CONVERSATIONS

with Dr. Robin

YouthJournal

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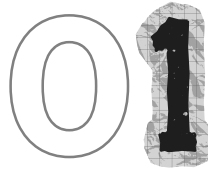
# 10 CONVERSATIONS

*with Dr. Robin*

Think through your thoughts, feelings, and  
what matters most to you.

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**Dr. Robin Dickinson MD**



## **Building a Healthy Relationship with Food**

What are some of your favorite nourishing foods and why?

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How do you feel about your body? What are some things you appreciate about it?

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What are some things you can do to take care of your body and mind?

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How do media messages influence your thoughts about body image?

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