




Body Image


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Developing a New Image of You

- Acknowledging your current body image
- Understanding your roots
- Coming to terms with your true appearance
- Gradually adjusting to a new you




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Evolution of Body Image

- How your body image was built. Your body image, like other feelings you have about yourself, is influenced by many factors.
 - How you feel about your overall appearance
 - How you feel about specific features (height, nose)
 - How coordinated you feel (clumsy, graceful)
 - Cultural beauty standards
 - People's reaction
 - Peer pressure (adolescence years)




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Body Sense

- Mirror to mirror - learn to look objectively at your body
- Touch – get acquainted with the feel of your skin noting how it feels and how you feel about it
- Movement – note how you feel emotionally and physically
- Activity: Picture Perfect Collage (present and future)




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Body Talk

- Each of us has an internal dialog that automatically labels people and things we encounter in our own environment.
 - Objective exercise: the purpose of this exercise is to help you identify prejudices that you and/or society hold regarding body weight. List/name 5 words or phrases that come to mind when you see an overweight person and list/name words or phrases that come to mind when you see a slender or average weight person.
 - How can you change your self-talk and communication with others to reflect a positive body image?




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Goal

- Be more comfortable IN your body not just WITH your body.
- Set your own standards of an acceptable body image
- Work to reinforce them
- Develop 2-3 goals to work towards




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Thank you!

"Your body hears everything your mind says."
-Naomi Judd

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