



Open Doors

Counselling/ Lifecoaching/ Support

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# Body Image/Body Confidence



Body Image- Self Esteem- Media

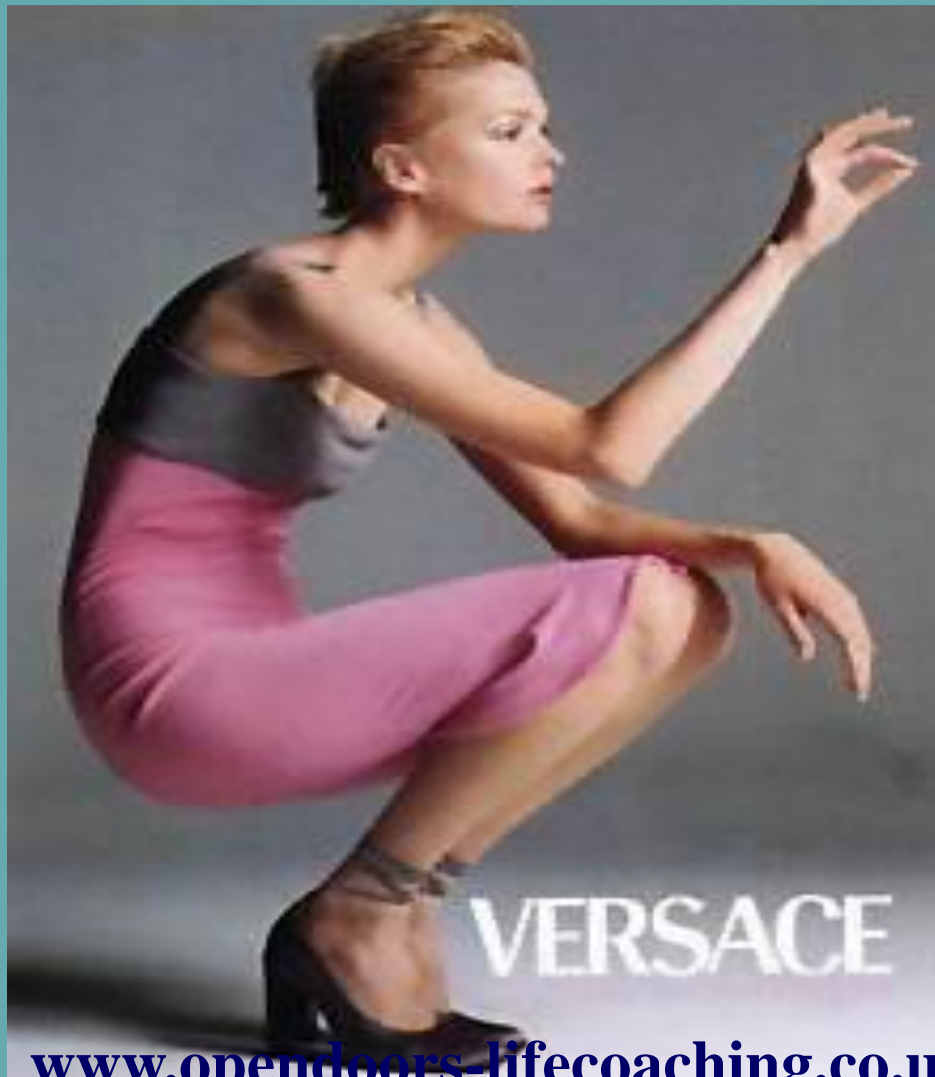
# Body Image

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- Our bodies are all different and individual, always remember YOU are unique, just like everyone else.
- Body image is the picture that a person forms of their body in their mind based on feelings and judgements and sometimes it is very different than what we see in the mirror. (Rather than believe what we see, we see what we believe...)
- Self-esteem is how much a person values or accepts themselves for who and what they are.

Everyday we are surrounded by photos of models in magazines, television and the internet

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What do you notice about this model?

# What is real?

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- Very often companies 'airbrush' or photo-edit faces and bodies and spend hours with makeup artists and hairdressers. Why ?
- Girls are often encouraged to lose weight.
- Boys are often encouraged to bulk up



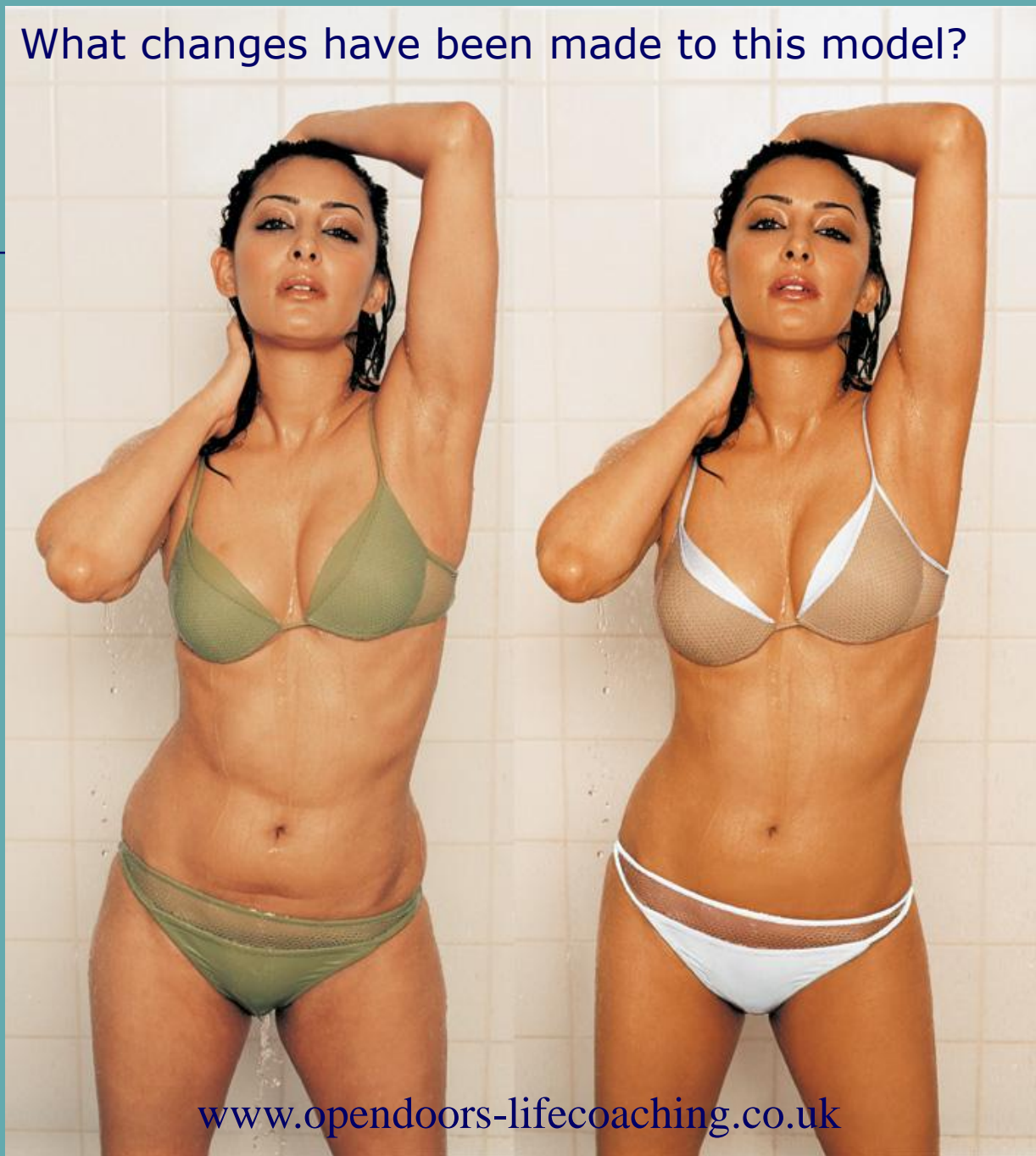
**What do you think of these pictures?**





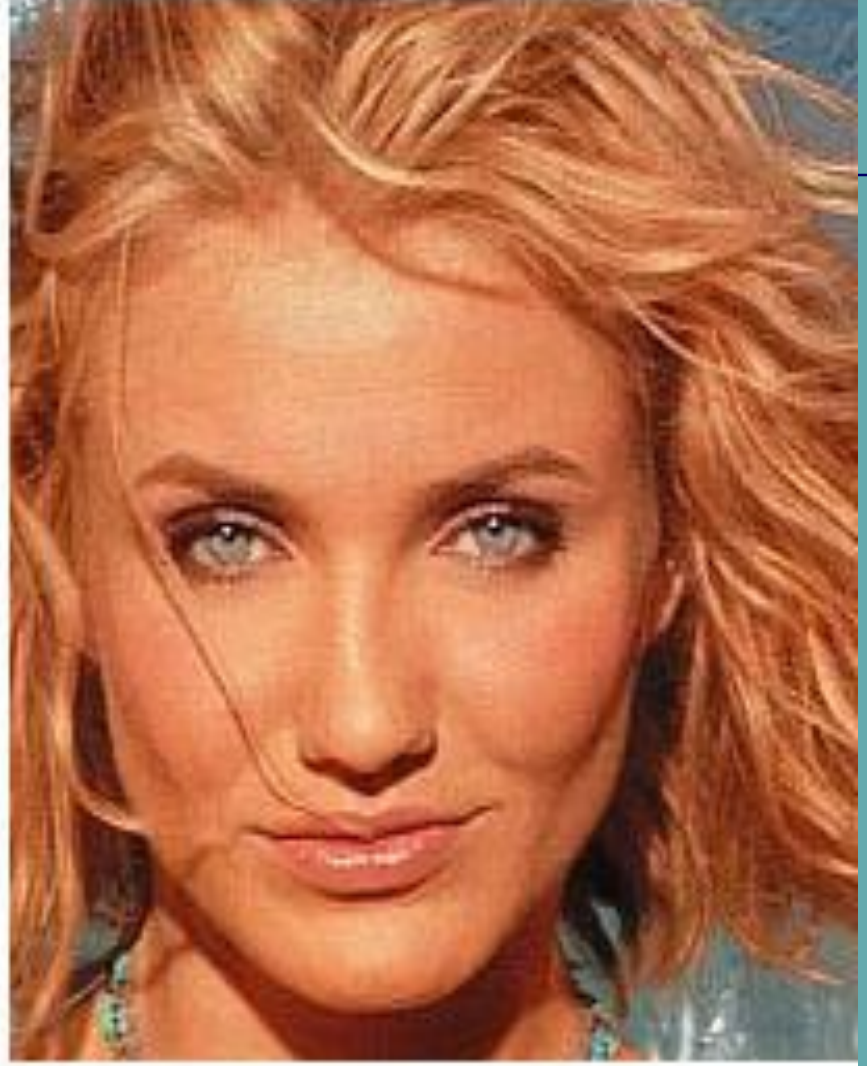
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What changes have been made to this model?

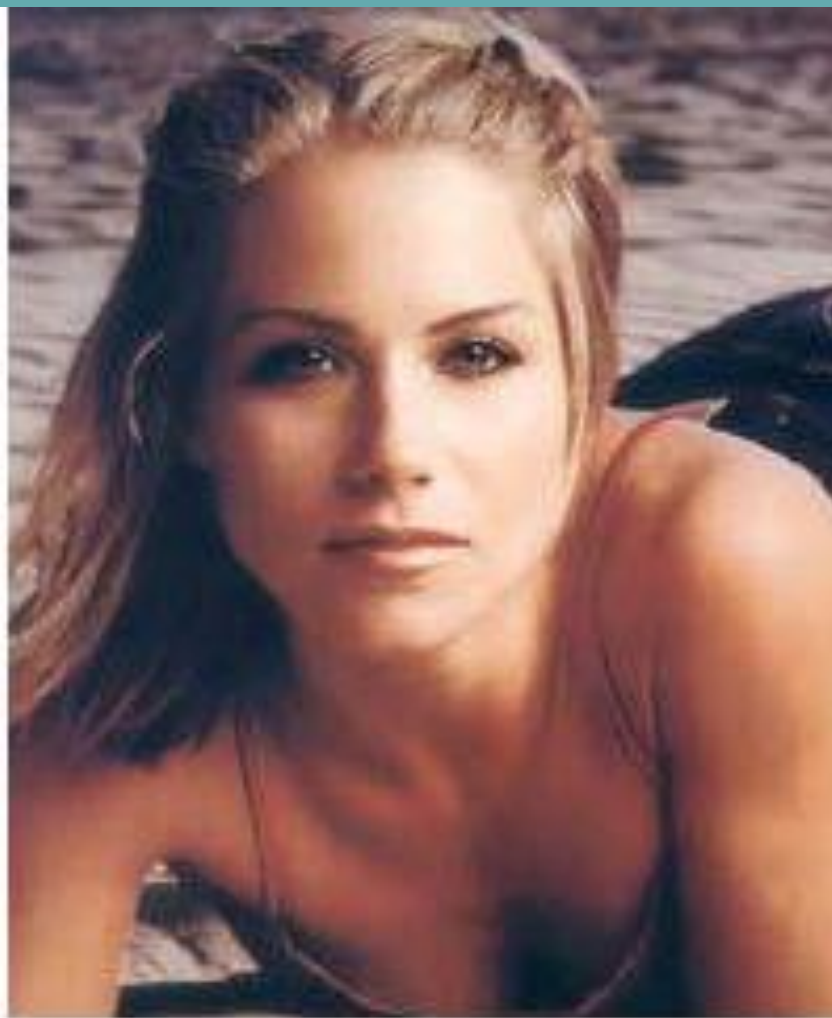


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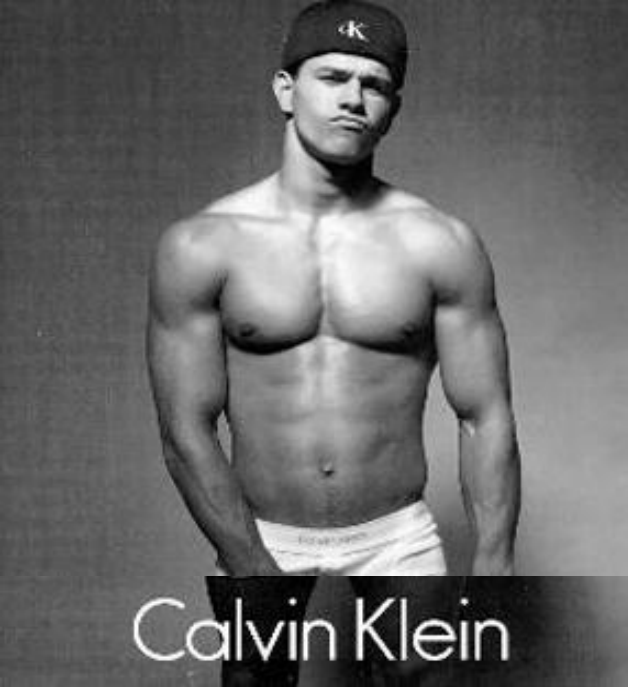


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# Body Image Stats

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- Body dissatisfaction is increasing and occurring at younger ages. Attitudes towards thinness and ideal body size are formed as early as age 3. **By school age, girls fear looking fat more than losing their parents, getting cancer or a nuclear war** (Cramer & Steinwert, 2008).
- A recent study found that 74% of women aged 18-22 wanted to weigh less and that only 25% of women in the “healthy weight range” were happy with their weight (Paxton, 2008)



# Body Image and Guys

- Male body image dissatisfaction has tripled in the last 25 years.
- 10% of individuals diagnosed with anorexia are male. In Britain this is estimated at over 200 000 men. Which is around the same population as the Highland Region. Scary eh.....





# Influences on Body Image

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- Culture (Music, Fashion)
- Media (TV, internet, magazines)
- Diet businesses (Scottish Slimmers, Weight Watchers, Lighter Life.)
- Peers, friends, family and relationships.
- Events and activities (PE, swimming sports, dance/fitness classes etc)

# Interesting??

- Researches investigated the impact of introducing western television into the area of Nadroga in Fiji. **Three years after the introduction of TV the rate of eating disorders in schoolchildren had risen from 0 to 11.3%** (Becker, 1995).



# Body Image

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- Think of 3 things you *don't* like about your body.
- Think of 5 things you *do* like about your body.
- *What was hardest to do?*

## Good Points about Your body

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- Some of the things you listed may have been, healthy hair, strong bones, beautiful eyes (that can see), healthy skin, legs that reach to the ground and can walk, arms that can carry things, lovely lips, etc...
- Close your eyes now for a few seconds and try to picture some scenes from the paralympics, what can you see???



# Notice the Things You Like

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- We're conditioned to look in the mirror and focus on things we don't like, but it's essential to be able to notice the things we *do* like. Whether it's your skin, the colour of your eyes or the shape of your lips, appreciate it every time you look at yourself.

# Confidence Tips

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- **Focus on Today**
- **Value Your Character**
- **Invest in the Inner You**
- **Be Physically Active**
- **Remember you`re a whole person not an object.**
- **Life is NOT a beauty contest.**
- **Define your own beauty.....**

# Have a good old sort out

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- Keeping clothes which no longer fit can make you feel down and lacking in confidence
- Go shopping with a trusted friend and invest in clothes which make you feel good today..
- Try new styles and colours
- Jewellery and accessories can help you feel good and detract from areas you want to minimise.

# Dress for your body shape

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- There are many variations in body shape and dressing to accentuate natural curves can greatly increase confidence.
- Also remember when you receive compliments accept them graciously. If you have been lacking confidence for a long time, you may have got into the habit of putting yourself down.



## Practice positive affirmations

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- Positive affirmations are statements which when repeated over and over influence and change the sub-conscious mind.
- Write some down now.
- I am beautiful and healthy.
- I love and appreciate my body.
- I am perfect just as I am.
- I am confident and happy.
- I look and feel wonderful.

# What about diets.....

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- The word diet commonly means a restriction in the amount or type of food in order to alter body shape or size.
- On any given day, about 60% of women are on some sort of diet (Paxton, 2008).
- 1 in 4 seven to 10 year olds have dieted to lose weight (Gray, 2008).
- There are many types of diet on the market, can you name as many as possible?

# Why Diets Don't Work

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- Diets have been linked to a range of health difficulties which include bad breath, fatigue, over-eating, headaches, muscle cramps, constipation, sleep disturbance and loss of bone density.
- Deprivation can result in depression, anxiety, feelings of guilt and emotional instability. Adolescent girl extreme dieters are 18% more likely to develop an eating disorder.
- 95% of people who go on weight loss diets regain everything they have lost plus more within two years.

# If diets don't "work" what does.....

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- Healthy Eating and Regular Exercise
- These fuel the brain with chemicals which make us feel good.. And off course if we feel good we LOOK good.
- NO food is bad in moderation, and indulging in something which we have decided is bad will only lead to feelings of guilt and probably over-indulgence.



Always remember you are beautiful just as you are.

What we see in magazines/television is very often not real, and we are being tricked into believing we need to look a certain way.



A close-up photograph of a hand holding a piece of crumpled, lined paper. The paper is held by fingers with dark, possibly black, nail polish. The paper is wrinkled and has a rough, torn edge. The text is written in a bold, black, cursive-style font. The background is dark and out of focus.

Don't let the  
bullshit of today  
convince you that  
you aren't beautiful.