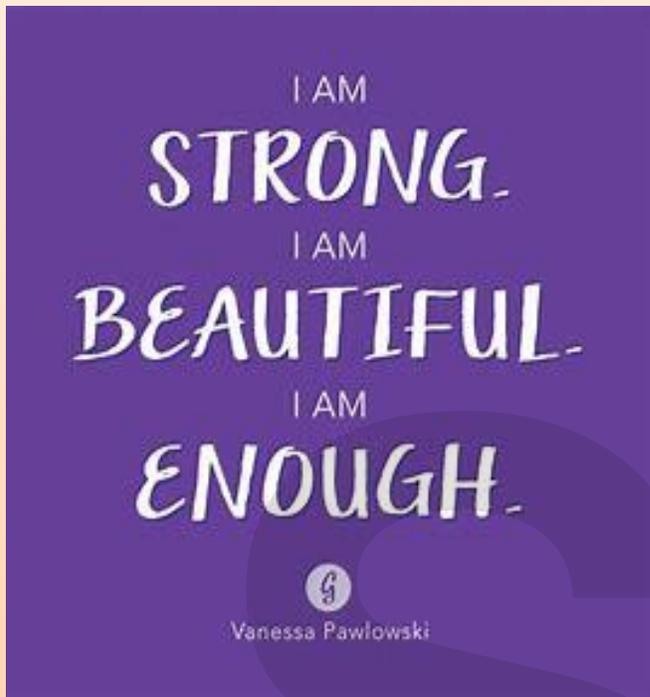
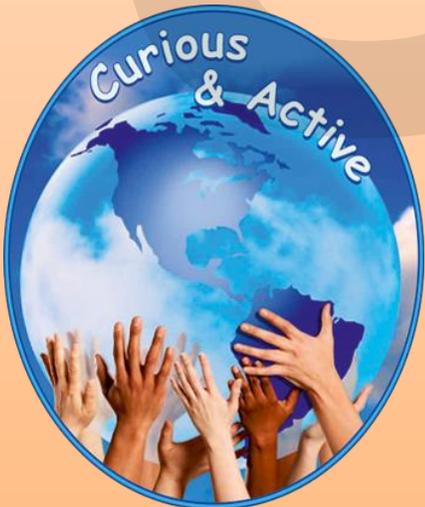


Wellbeing and Mental Health

BODY IMAGE



Virtues



UN Children's Charter for Human Rights



a body image prayer

Dear Heavenly Father:

You know my heart and my struggle. You understand the wrestling match I'm in between trying to meet a cultural standard of beauty and knowing that in you is where my **true** value can be found. Today please help me to remember Jesus' great sacrifice for me that had *nothing* to do with what I look like.

Help me to know that ***I'm already enough***--no matter what the scales or magazine covers say. Keep my focus this day on **you**, your kingdom, and your love and off of my perceived body flaws. Remind me that my purpose for today is far greater than figuring out how I compare to others. Help me to aspire only to look and be more like *you*.

I need your strength, dear God. Please fill me with your spirit and empower me to fight this battle well today. Amen. St Joseph... Pray for us.



Every morning I count on the fingers of one hand five positive things about the day ahead

What would be your five today? Discuss as a form.

REFLECTION

Five things I'm looking forward to



Key Term Definitions



With a partner come up with a definition for the following Key Term

BODY IMAGE

Definition– [\[Click to Reveal\]](#)

A

Definition– [\[Click to Reveal\]](#)

B

Definition– [\[Click to Reveal\]](#)

C

Definition– [\[Click to Reveal\]](#)

D

REFLECTION

Which definition was yours closest to?





REFLECTION

What are the qualities you value in your friends and other people?

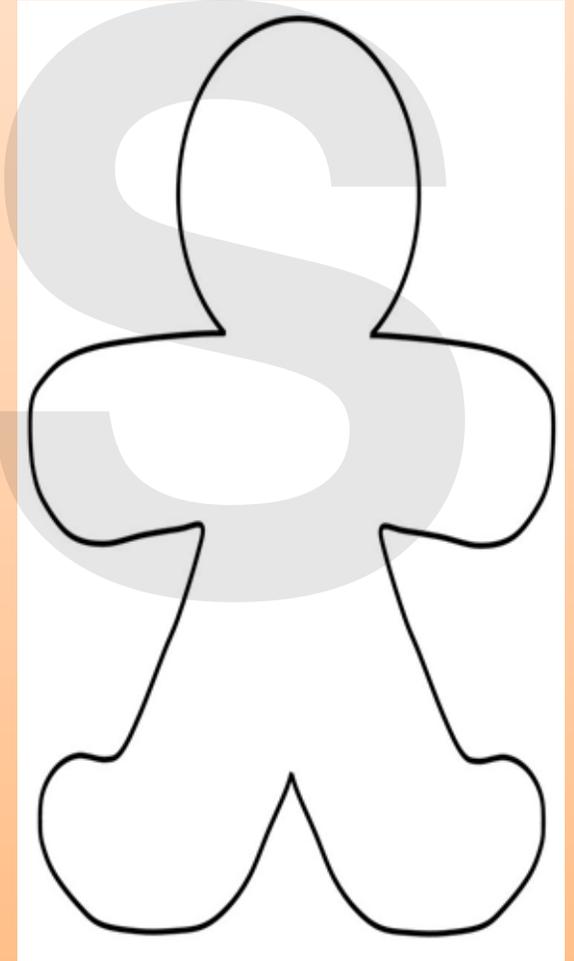
E.G Honesty, Trust

Now add the qualities that make somebody successful in life on the inside.

E.G Hard Working

Discuss the qualities in life that are superficial and don't really matter.

E.G Good looking





REFLECTION

How do toy figures impact on our body image?

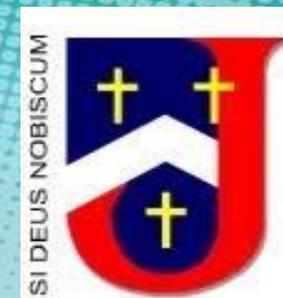


Did you know?

Some European Governments are tackling gender stereotyping of toys and have debated passed laws to encourage toy manufacturers to be more responsible



Where does the pressure to look beautiful come from?



“To me, beauty is about being comfortable in your own skin. It’s about knowing and accepting who you are”

Some Ideas

Advertisements, magazines, fashion industry, websites, celebrity culture, diet industry, parents or family, friends, bullies, social media, our own thoughts.



What is diet culture?

Slimming shakes and products promoted by celebrities

Fat shaming – Criticising someone's weight or size or how much they are eating, speed they are eating or times they are eating.

Food Shaming – Criticising other people for their food choices

Amount they are eating (too small or too much)

REFLECTION

Why has diet culture become such a part of society?

What could be the dangers of this diet culture?

Have you ever heard any of the names of different diets?



What is Body image?

“...the perception that a person has of their physical self and the thoughts and feelings that result from that perception.” *(National Eating Disorders Collaboration)*



IMPROVING SELF ESTEEM AND BODY IMAGE

Introduce positive affirmations into your life these can go a long way to changing our inner dialogue E.G..

My Body deserves love

My body is a vessel for my awesomeness.

I deserve to be treated with respect and so do you

Did you know?

Social Media today has been cited as one of the biggest contributors to self-esteem and body image related issues amongst teenagers.

Spend time with people who support you. Social interaction and a strong network of support is important for mental health, sharing problems and building social skills



Unfollow “Influencers” who make you feel worse or create negative feelings towards yourself. The amount of followers someone has is irrelevant if they make you feel bad about how you look, directly or indirectly.



Listen to positive music that creates or inspires a body positive image.



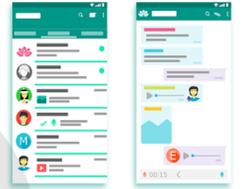
Be aware of the dangers of comparing yourself to others, this can create a negative self-image. Instead, appreciate that everyone has insecurities and that we have things that are beautiful.



Write ten things you love about yourself and read (even add) to the list when you're feeling down to remind yourself of all of your great qualities.



Limit phone time. Social Media can be a very negative environment and hyperfiltered which can distort how we see and feel about ourselves. Breaks are a good reminder that social media is a filtered highlight reel, not real life.



Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.



Let go of negative self-talk. When you find yourself stuck in a negative self-talk pattern, stop and focus on taking deep breaths, count your inhale 1-2-3-4, hold your breath for 1-2-3-4, exhale for 1-2-3-4 count and repeat until you feel calm.



Do something nice for yourself. This can be anything from buying yourself something, taking a relaxing bath or doing something fun with your friends or a pet, the key thing is to not punish or restrict your happiness based on your outer appearance



Write your feelings on paper. Keeping a journal, can help ease a troubled mind when you're not ready to talk about what is bothering you.





On January 7th 2023 Lizzo addressed the unrealistic beauty and body standards found on social media.

In a Tik Tok video shared on Friday, Jan. 6, Lizzo slammed the individuals on social media who comment on other people's bodies.

"The discourse around bodies is officially tired," she said. "I have seen comments go from 'Oh my gosh, I liked you when you were thick. Why did you lose weight?' to 'Oh my gosh, why did you get a BBL? I liked your body before.' to 'Oh my gosh, you're so big' or 'You need to lose weight, but for your health' to 'Oh my gosh, you're so little you need to put on weight!' to 'Oh my gosh, why did she get all that work done? It's just too much work.' Are we okay?"

Lizzo, 34, continued, posing the question, "Do you see the delusion?"

"Do we realize that artists are not here to fit into your beauty standards? Nobody is!" she said. "Artists are here to make art, and this body is art, and I'm going to do whatever I want with this body."

To conclude her video, the "About Damn Time" singer addressed the social media users who leave negative comments once more, adding, "I wish that comments costed you all money, so we can see how much time we are wasting on the wrong thing. Can we leave that rubbish back there please?"



Lizzo is right – nobody should comment on other people and how they look!

Examples of positive self talk you could try out



Introduce these positive affirmations into your life. These can go a long way to changing our inner dialogue
E.G..
My Body deserves love
My body is a vessel for my awesomeness.
I deserve to be treated with respect and so do you.

- **I feed my body healthy nourishing food and give it healthy nourishing exercise because it deserves to be taken care of. I am made in the image and likeness of God. (Catholic Church teaching on Genesis)**
- **As long as I am good, kind, and hold myself with integrity, it doesn't matter what other people think of me.**
- **When I compare myself to others, I destroy myself, I don't want to destroy myself so I'll just continue on my journey, not worrying about other people's journeys.**
- **Just because someone looks perfect on the outside, doesn't mean they have a perfect life. No one has a perfect life, we all struggle. That's just what being human is and we all support and we are there for one another.**
- **I deserve to be treated with love and respect and so do you. I choose to do and say kind things for and about myself and for and about others.**

**"Do you not know that your body is the temple of the Holy Spirit, who is in you whom you have received from God.
(1 Corinthians 6:19)**





<https://www.youtube.com/watch?v=31sGVaRjNJE>

**Watch the clip above and afterward reflect on the following slide as each and everyone of you is truly
AMAZING!!**

You are amazing
just as you are...
more beautiful than
you can see,
stronger than you feel,
and more worthy than
you will ever know.

Absolutely Positive

IN CASE NO ONE HAS TOLD YOU LATELY...

you
(YES, YOU)
ARE AMAZING.

ARE STRONG.

ARE BRAVE.

ARE WONDERFUL.

ARE KIND.

ARE LOVED.

ARE WORTHY.

THERE IS NO ONE LIKE YOU.

THE WORLD NEEDS YOU.

www.itsall2you.com



AMAZING

You are

with a side of sprinkles!

EmPOWordment@Cards.com



Extra Discussion topics



SI DEUS NOBISCUM



Is body image the same as the way someone actually looks?

What makes people think they need to look a certain way?

How does gaining likes and followers on social media make people feel?

Is there anything wrong with the selfie culture we have today?

How can you help someone who is having body image issues?

