

Body Image



- We live in a society that can be preoccupied by Body Image.
- The aim of this talk is to help you understand more about this issue and to help build resistance against these pressures and promote a healthy image.

Body Image

- Body image is the picture that a person forms of their body in their mind based on feelings and judgments and in some cases is different to what we see in the mirror.



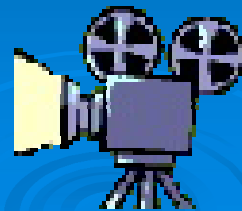
Pressures of society

- Everyday we are surrounded by images in the media of what is portrayed as the ideal
- In reality, these images have been airbrushed and this is after hours in hair and makeup.





Quite often the ideal is an unrealistic target.




- Dissatisfaction with our bodies is on the increase and is occurring at younger ages.
- Attitudes towards thinness and ideal body size are formed as early as age 3.



- Girls are more affected than boys however the percentage of boys who worry about body image are on the increase.

Dieting (Fad/Extreme diets)

- Diets have been linked to:
 - Bad breath, fatigue, over-eating, headaches, sleep disturbance
 - Dieting (food deprivation) –can result in depression, anxiety
 - 95% of people who go on weight loss diets regain everything they have lost plus more within two years
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Eating Disorders

- Anorexia
- Bulimia
- Binge-Eating Disorder

- As well as being described as eating disorders they are also classed as mental health conditions and associated with depression and low self-esteem.

Figures for UK (NICE and MOSA)

- 1.1 million people in UK have an eating disorder
- 14 year olds are most at risk
- Highest incidence is Anorexia Nervosa in 13-19 yr old females

Signs

- Significant weight loss
- Hair and skin problems
- Sensitivity to cold
- Dental problems
- Growth of fine body hair
- Abdominal pains
- Loss of period
- Avoids eating with other (goes to room)
- Restricts diet and obsesses about types of food, calories, fat
- Excessive exercise
- Frequent weighing
- Talks about weight or low body esteem

What we need to do...

- Be aware of our use of language/ what we say to others
- Promote healthy lifestyles
 - Regular physical activity
 - Healthy eating
 - Positive thinking
- Encourage a positive body image
 - A true perception of your shape
 - Appreciate your natural body shape
 - Understand that physical appearance says very little about character and value as a person
 - Feel comfortable and confident in your body.



Don't change
so people will
like you.
Be Yourself
and the right
people will love
the real you.

Getting help

- Talk to someone you trust
- See your GP
- Helping someone who is showing signs of an eating disorder
- Talk to the person about how they feel
- Speak to the school
- Encourage them to get help (try not to put pressure on them or be critical, as this could make things worse)
- Seek advice on how best you can help eg your GP or a support group

The Cause of Eating Disorders?

- Eating disorders are a complex condition and there is no single cause
- Possible triggers are:
 - Body dissatisfaction – dieting
 - Life crisis – bereavement, moving away from friends, personal disappointment
 - Stress without good coping skills
- Remember that an eating disorder is a symptom not a cause. It is important not to lose focus of the bigger picture.

Lifestyle Mastery

- Aim for lifestyle mastery, rather than mastery over your body, weight, or appearance.
- Lifestyle mastery –
 - develop your unique gifts and potential, express yourself, develop meaningful relationships, learn how to solve problems, establish goals, and contribute to life.
- View exercise and balanced eating as aspects of your overall approach to a life that emphasizes self-care and respect for your body.

**God created
men and women
in his own image and likeness.**

We should show respect for our body

