

BODY IMAGE

Body image is ...

- How you see yourself when you look in the mirror or when you picture yourself in your mind.
- What you believe about your own appearance (including your memories, assumptions, and generalizations).
- How you feel about your body, including your height, shape, and weight.
- How you sense and control your body as you move. How you feel in your body, not just about your body.

Negative body image is...	Positive body image is...
<ul style="list-style-type: none"> - A distorted perception of your shape - you perceive parts of your body unlike they really are. - You are convinced that only other people are attractive and that your body size or shape is a sign of personal failure. - You feel ashamed, self-conscious, and anxious about your body. - You feel uncomfortable and awkward in your body. 	<ul style="list-style-type: none"> + A clear, true perception of your shape - you see the various parts of your body as they really are. + You celebrate and appreciate your natural body shape and you understand that a person's physical appearance says very little about their character and value as a person. + You feel proud and accepting of your unique body and refuse to spend an unreasonable amount of time worrying about food, weight, and calories. + You feel comfortable and confident in your body.

People with negative body image have a greater likelihood of developing an eating disorder and are more likely to suffer from feelings of depression, isolation, low self-esteem, and obsessions with weight loss.

We all may have our days when we feel awkward or uncomfortable in our bodies, but the key to developing a positive body image is to recognize and respect our natural shape and learn to overpower those negative thoughts and feelings with positive, affirming, and accepting ones.

Accept yourself - - Accept your body.
Celebrate yourself - - Celebrate your body.