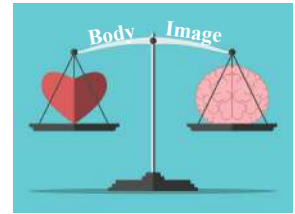


BODY IMAGE

What is Body image?

Body image is mental and emotional: it's both the mental picture that we have of our body and the way we feel about our body when we look in a mirror.



What are the four aspects of body image?

Perceptual
Body Image



The way you see your body

Affective
Body Image



The way you feel about your body

Cognitive
Body Image

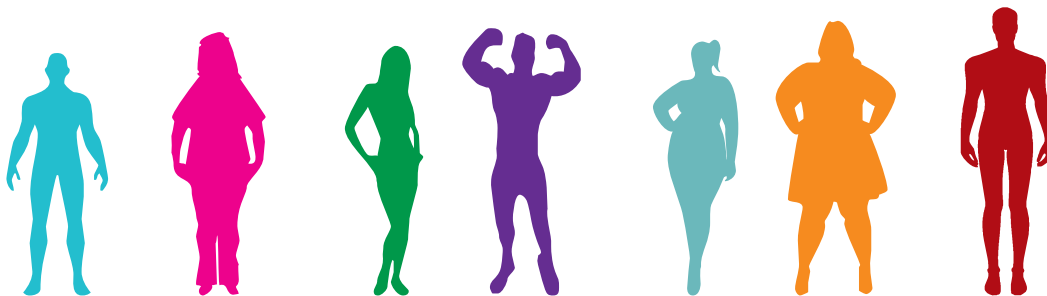


The way you think about your body

Behavioral
Body Image



The behaviors you engage for your body



Where does a negative body image come from?



Discrimination based on Race, Size, Gender orientation & Age



Illness, Accidents, Skin conditions or Surgeries



The Media



The Fashion Industry



Culture, Family & Friends,

How does body image impact mental and physical health?



What are some tips to help overcome body image concerns?

1. Aiming for healthful lifestyle: Intuitive eating can be beneficial to fight the diet downfall. This approach focuses on moderation of all types of food and consuming food without strict calories counting. Gathering information from authenticated source, talking to a friend or seeking professional help could be useful.



2. Fighting the societal standards: Body image ideals vary over time and culture. Working on accepting people of all size and shapes, and learning to appreciate one's inner being, soul and spirit may help

combat the inadequacy we feel when we fail to meet such unrealistic societal standards.

3. Accepting genetics: Research shows at least 25% to 70% of our body is determined by our genes. It is extremely crucial to remember that while many aspects of our body can't be changed, our feelings, attitudes and beliefs that influence the way we feel about ourselves can be modified.



4. Following positive contents in the media: The media sends powerful messages about the acceptability or unacceptability of our bodies. This may result in getting caught up



on assessing/comparing how closely we match up to the portrayed "ideal" body form. Following body neutral contents can be beneficial to avoid consumption of unhealthy generalizations and assumptions.

Ref:

- https://www.researchgate.net/publication/12088640_'Body_Image'_Drugs_A_Growing_Psychosomatic_Problem
- <https://www.heretohelp.bc.ca/infosheet/body-image-self-esteem-and-mental-health>
- <https://www.medicalnewstoday.com/articles/249190>
- <https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/healthy-body-image/art-20044668>
- <https://centerforchange.com/battling-bodies-understanding-overcoming-negative-body-images/>