

What is Body Image?

BODY IMAGE IS ...

- ▶ How you see yourself when you look in the mirror or when you picture yourself in your mind.
- ▶ How you feel about your body and appearance, including your height, weight, and shape.
- ▶ How you feel *in* your body, not just *about* your body.

Do You Respect Your Body? (circle True or False)

1.	True	False	I often talk negatively about my body.
2.	True	False	I weigh myself more than once a week.
3.	True	False	I would exercise less if appearance did not matter.
4.	True	False	I often compare my looks or body to others.
5.	True	False	I often feel guilty or anxious after eating a high fat food.
6.	True	False	I cannot accept a compliment about my appearance.
7.	True	False	If I had to, I would do unhealthy things to change my weight (such as fasting, taking laxatives, throwing up, or excessive exercising).
8.	True	False	I feel unhappy or discontent with my life at this time.
9.	True	False	I would panic if I gained a few pounds.
10.	True	False	I am dissatisfied with my current body shape and size.

Count the number of questions you answered FALSE and read below to see if you respect your body.

POSITIVE BODY IMAGE IS ...

- ▶ A clear, true idea of your shape—you can see your body as it really is.
- ▶ You feel comfortable and confident in your body and appreciate your unique physical qualities.

8-10 You seem satisfied with your body! Be a role model for others.

4-7 You may be too hard on yourself. Look below for ways to improve your body image. Or get more information from an organization near you, such as Body Positive. Visit www.bodypositive.com.

0-3 Are you having a rough time right now? Help is available. Find an adult that you trust to talk to about this, such as a doctor, school nurse, school counselor, or family member.

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How Can You Improve Your Body Image?

1. Focus your attention and energy on what you *can* do:

- ▶ **Eat well and exercise!** This will help you develop into your natural weight, and balance the natural chemicals in your brain to help you feel happy. It's never too late to start exercising and eating well.
- ▶ Limit sedentary activity, such as watching TV and movies and playing video/computer games.
- ▶ Choose realistic role models that allow you to feel good about yourself. Remember that advertisers spend tons of money to make you feel there is something wrong with you, so that you will buy their product to "fix" the problem.

2. Accept what is not in your control.

- ▶ Understand that bodies develop in ways that you can't always control. However, having a healthy lifestyle will help your developing and changing body.