

Body Image

Renew

A Weight Loss Rx Lifestyle Class

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Welcome to class!

Reflection Questions:

- How would you define your relationship with your body?
- What are some expectations you have about living in a smaller body?

Body Image

MODULE 3:
Mastering Your Health

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The SELF Principle

Sleep is health
Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.

Exercise is health
Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.

Love is health
Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.


Food is health
Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

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I value and appreciate my body, exactly as it is now.

On a scale of 1-10, how true does this statement feel to you?
 1=not at all
 10=Very accurate



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What is body image?




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Body Image

The thoughts, feelings, and beliefs you have about your physical body, its appearance, and how you feel in it.

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Body Image is Your Relationship with Your Body

• What words do you use to describe your body and how you feel about it?

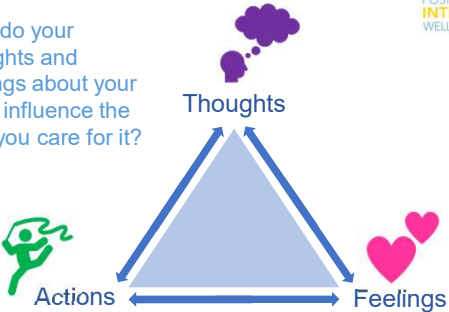
• What has influenced your body image throughout your life?



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How do your thoughts and feelings about your body influence the way you care for it?



Thoughts

Actions

Feelings

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Body Expectations

Sometimes we can have the fantasy that, "if I look a certain way, _____ will be better in my life".

What are some expectations you have about living in a smaller body?

If I weigh x lbs, I'll get more respect from my family.

If I looked like I used to, I'd have more confidence.


When I lose x lbs, I'll be able to wear clothes I like.

I'm losing weight, but not fast enough or in the right places.




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Body Image is the Relationship with Your Body



- How would you define a healthy relationship with your body?
- How would you define your relationship with your body?
- What might change or be different in your life?

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Meaningful Ways to Appreciate Your Body

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Appreciate what your body can do!


Your body is more than just appearance; it is the vessel that carries you throughout your life.

- Name 5 things you appreciate about how your body supported you today.
- How does your body allow you to participate in activities that bring you joy?



Examples: walking your dog, carrying your groceries, hugging a loved one, dancing to your favorite song.


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Stop fixating on your own and other peoples' bodies.

- Notice and question when you find yourself judging your body.
- Notice when you attribute positive or negative associations with other people's bodies.


This is an example of "Body Checking" where you're constantly examining your body and making micro-judgements.



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Surround Yourself with Positive People



- It is easier to feel good about yourself and your body when you are around people who are supportive and who recognize the importance of liking yourself just as you are.
- Prioritize spending time with people who encourage you on your journey and accept you as you are.

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View Yourself as a Whole Person


When you see yourself in a mirror or in your mind, choose to focus on your unique qualities.

What are your unique qualities that you value about yourself?

- Intelligence
- Humor
- Kindness
- Strength under pressure



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Curate your Media




- Pay attention to images, slogans, or attitudes that make you feel bad about yourself or your body.
- Unfollow people who support unhealthy body ideals.
- Find people to follow who are supporting body positive messages.

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Wear Comfortable Clothes

-  You deserve to wear clothes you like and feel physically comfortable in.
-  Clothes are meant to fit your body. Your body doesn't need to change to fit certain clothes.
-  Tight clothes can be triggering for negative body thoughts.

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Do Something Nice for Yourself


- Especially if you're noticing your inner critic being loud.
- Opt for something that lets your body know you appreciate it.
 - Take a bubble bath.
 - Take a nap.
 - Find a peaceful place outside to relax.


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Learn to Honor Your Body's Needs

 Hungry? Prepare a meal or snack

 Tired? Nap or get extra sleep

 Feeling overwhelmed? Take a break

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Which tool resonated with you?

- Appreciate what your body can do!
- Stop fixating on your own and other peoples' bodies.
- Surround Yourself with Positive People
- View Yourself as a Whole Person
- Curate your Media
- Wear Comfortable Clothes
- Do Something Nice for Yourself
- Learn to Honor Your Body's Needs

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Homework

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Letter to Your Body

Add to Your Journal


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Letter to Your Body

Part 1:

- Write a letter to your body telling it anything you'd like to say
- "Dear body,....." and sign your letter from you




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Letter to Your Body


Part 2:

- Write a letter from your body to you
- "Dear (your name),.....
Signed, Your Body"
- Think about what your body would want to say to you if it had a voice




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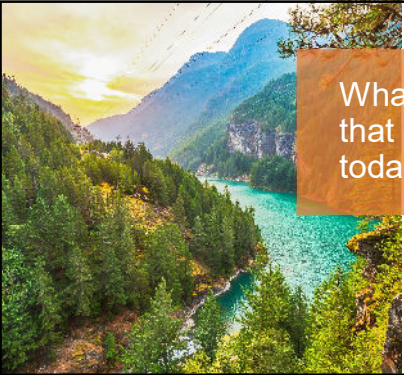



Today I Asked My Body What She Needed

<p><i>Today I asked my body what she needed, Which is a big deal Considering my journey of Not really asking that much.</i></p> <p><i>I thought she might need more water. Or protein. Or greens. Or yogo. Or supplements. Or movement.</i></p>	<p><i>But as I stood in the shower Reflecting on her stretch marks, Her roundness where I would like flatness, Her softness where I would like firmness, All those conditional wishes That form a bundle of Never-quite-right-ness. She whispered very gently:</i></p> <p><i>Could you just love me like this?</i></p> <p><i>-Holthe Holden</i></p>
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What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?

Add this to your journal.

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Resources



positivechoice.org/renew

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

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