Warning signs of body image issues:

- Inability to accept a compliment
- Comparing yourself to others constantly
- Trying to look 'perfect'
- Name-calling yourself
- A serious fear of gaining weight
- Looking at your body as a collection of 'parts' instead of feeling connected to your own body

WE ARE HERE TO HELP

Peer Support by Phone: 204-560-1461
Peer Support Hours: 9 AM - 9 PM, M-S
Province-wide Toll-Free: 1-800-263-1460
Office Hours: 9 AM – 4:30 PM, M-F

For Peer Support groups and course schedule, please email or visit our website:

Email: **info@moodmb.ca**
Website: **www.moodmb.ca**

Manitoba

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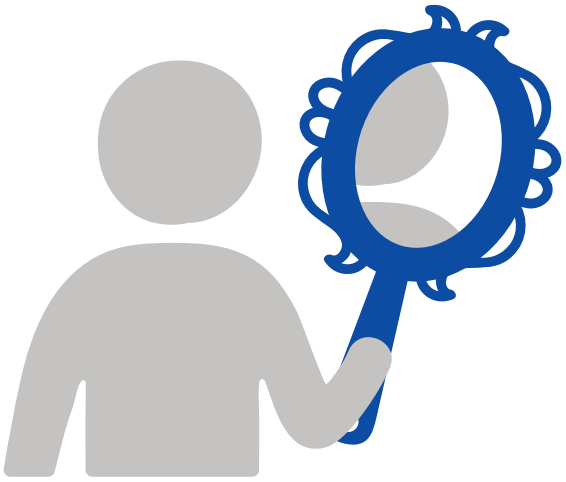
Decoding the Media:

Body Image



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Helping People Help Themselves

On thoughts:

Many people can feel ugly in this modern age, when it is so simple to just look at your phone and be bombarded with images of beautiful people from all around the world.

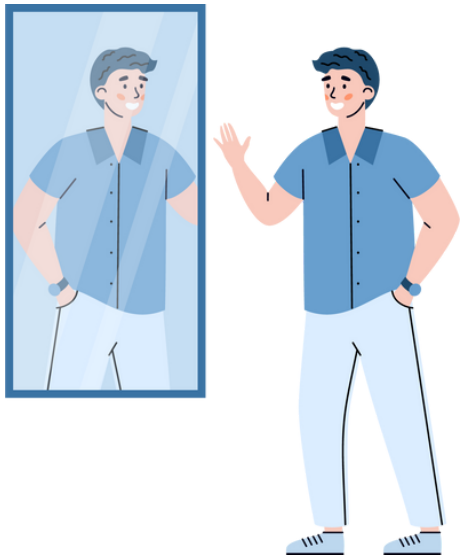
But why do we care about beauty? Are only the beautiful worthy of respect? In ancient times, beauty was sometimes seen as a physical manifestation of a person's inner self, and in that context perhaps the above is answered. But we live in the modern age and all know a beautiful person who is generally unpleasant.

So why do we care so much?

As people, we want to fit in and be accepted by our peers and beauty feels like the simplest way to get it. Try and remember to not judge people based on their appearance and work on evaluating them by their character instead.

How to encourage body positivity:

- Choose compliments unrelated to a person's body
    - Compliment their hair, or their outfit
- Stop talking about diets or weight
- Don't make fun of someone for their weight, size or appearance
- Separate the ideas of beauty and happiness/success



How to work on body image issues:

- remember that your body is a machine that carries you around; taking care of it allows you to keep doing things
- remember that even those body parts that you hate are a part of you and that hating them is hating yourself
    - you don't have to love them, but try being neutral about them
- remember that our bodies change over time and that is normal
- remember that there are some things about our bodies that we can change, but that change is harder to attain fueled by negativity than it is by positivity
    - think about what your body would look like or be able to do, not what it wouldn't be like