

# Transforming Body Image

- ☞ Appreciate all that your body can do
- ☞ Keep a top-10 list of things you like about yourself related to your appearance
- ☞ Remind yourself that "true beauty" is not simply skin deep
- ☞ Look at yourself as a whole person
- ☞ Surround yourself with positive people
- ☞ Shut down voices that tell you your body is not "right"
- ☞ Wear clothes that are comfortable
- ☞ Become a critical viewer of social and media messages
- ☞ Do something nice for yourself
- ☞ Refocus time and energy to do something to help others
- ☞ Write positive body affirmations

**CELEBRATE YOURSELF  
CELEBRATE YOUR BODY**

## RESOURCES/BOOKS/WEBSITES

### Books:

- Cooke, K.. (1996) *Real Gorgeous: The Truth About Body & Beauty*. W.W. Norton & Company, Inc.
- Feldenkrais, M. (1972). *Awareness Through Movement*. New York: Harper and Row.
- Freedman, R. (1988). *Bodylove*. New York: Harper and Row.
- Hutchinson, M.G. (1985). *Transforming Body Image: Learning to Love the Body You Have*. Freedom, CA: The Crossing Press.
- Kano, S. (1989). *Making Peace With Food: A step-by-step guide to freedom from diet/weight conflict*. New York: Harper and Row.
- McFarland, B. & Baker-Baumann, T. (1990). *Shame and Body Image*. Health Communications Inc.
- Sanford, L. & Donovan, M.E. (1984). *Women and Self-esteem*. Garden City, NY, Ancor Doubleday.
- Schoenfelder, L. & Wieser, B. (Eds). (1983). *Shadows on a Tightrope: Writings by women on fat oppression*. Iowa City, IA: Aunt Lute Book Co.
- Wolf, N. (1991). *The Beauty Myth: How images of beauty are used against women*. New York: William Morrow & Co., Inc.

### Web Sites:

[www.edap.org](http://www.edap.org)      [www.bodyimagehealth.org](http://www.bodyimagehealth.org)  
[www.about\\_face.org](http://www.about_face.org)      [www.iambeautiful.com](http://www.iambeautiful.com)  
[http://loveyourbody.nowfoundation.org](http://http://loveyourbody.nowfoundation.org)  
[www.campaignforrealbeauty.com](http://www.campaignforrealbeauty.com)

**For additional information, resources or to make an appointment with a counselor, please contact the Office of Health Education & Promotion, UNH Health Services  
603.862.3823  
[www.unh.edu/health-services](http://www.unh.edu/health-services)**

Adapted from National Eating Disorders Association 09/05

# BODY IMAGE



**MAKE YOUR CLOTHES  
FIT YOUR BODY,  
NOT YOUR BODY  
FIT YOUR CLOTHES**

# Body Image

# Negative Body Image

# Positive Body Image

- 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 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*.
- Is constantly changing and may be different in reality than in your imagination.



- 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.
- Is a reality for women who may view their bodies as ornamental and for men who struggle with seeing their bodies as physically capable.

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.

- 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 understand 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.



**ACCEPT  
YOURSELF**

**ACCEPT  
YOUR  
BODY**

*"I work with my body,  
not against it."*