



## Group Rules

I.Confidentiality & Respect

2. Safe space no judgement towards others

3. Session will start & finish on time

4. If individuals disclose any information which may cause concern FS staff have a duty of care to discuss with safeguarding



- To understand the term "body image & perception
- The effects of media & society on body image & accepting change
- To understand the functioning body & bodily changes over the course of a lifespan
- Accepting change, self care and thinking ahead









The 4 Aspects of Body Image Perceptual How you "SEE" your body This is not always a correct representation of how you actually look For Example.... A person may see themselve as overweight when they are actually underweight



The 4 Aspects of Body Image

How you "THINK" about your body This can lead to preoccupation with body shape & weight eg. People will feel better about themselves if they are thinner, bigger or more muscular

Behavioural Behaviours in which you engage in as a result of the perceptual, affective & cogntive A person may isolate themselves because they feel bad about how they look or employ destructive behaviours (eg. over exercise, disordered eating) as a means to change appearance



Using the template in the workbook..have a think about how body image impacts on a persons life

Taking into consideration your own personal experiences take 5 minutes to jot down both positive a negative impacts body image has on an individuals life

and behaviours

Consider thoughts, emotion







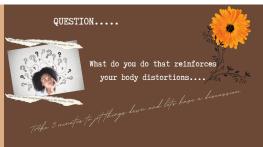
WHAT IS PERCEPTION?

It is not simply a physiological representation of what we are looking at, but the brains interpretation of what we are looking at; which is based on past experiences and preconceptions.

Perception alters what humans see, into a diluted version of reality. When people view something with a preconceived idea about it, they tend to take those preconceived ideas and see them whether or not they are there.

















'Ideal' body image is the phrase used to refer to the body size determined by one's cultural group to characterise beauty and/or success in achievement of that physical state as defined by the group.



















Labelling - calling yourself names and believing them e.g I'm a fat cov/I am puny
Awfulising - 'it's awful thoughts' e.g My thighs are disgusting

Mind Reading - People will think....

Wishful thinking - 'if only' thoughts e.g 'if only I could lose weight I would be happier'

Feauty + beat thinking - Because they're this, I'm that thoughts e.g She is so thin, I must be fat...They're so muscly I'm skinny...they have long legs, I'm short

Low frustration tolerance - Not being able to cope with weight comments - 'if anyone comments on my weight I can't stand it'







## "Self Love" - Definition

Self-love is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. Self-love means having a high regard for your own well-being and happiness. Self-love means taking care of your own needs and not sacrificing your well-being to please others. Self-love means not settling for less than you deserve.

Brain & Behaviour Foundation (2020)





