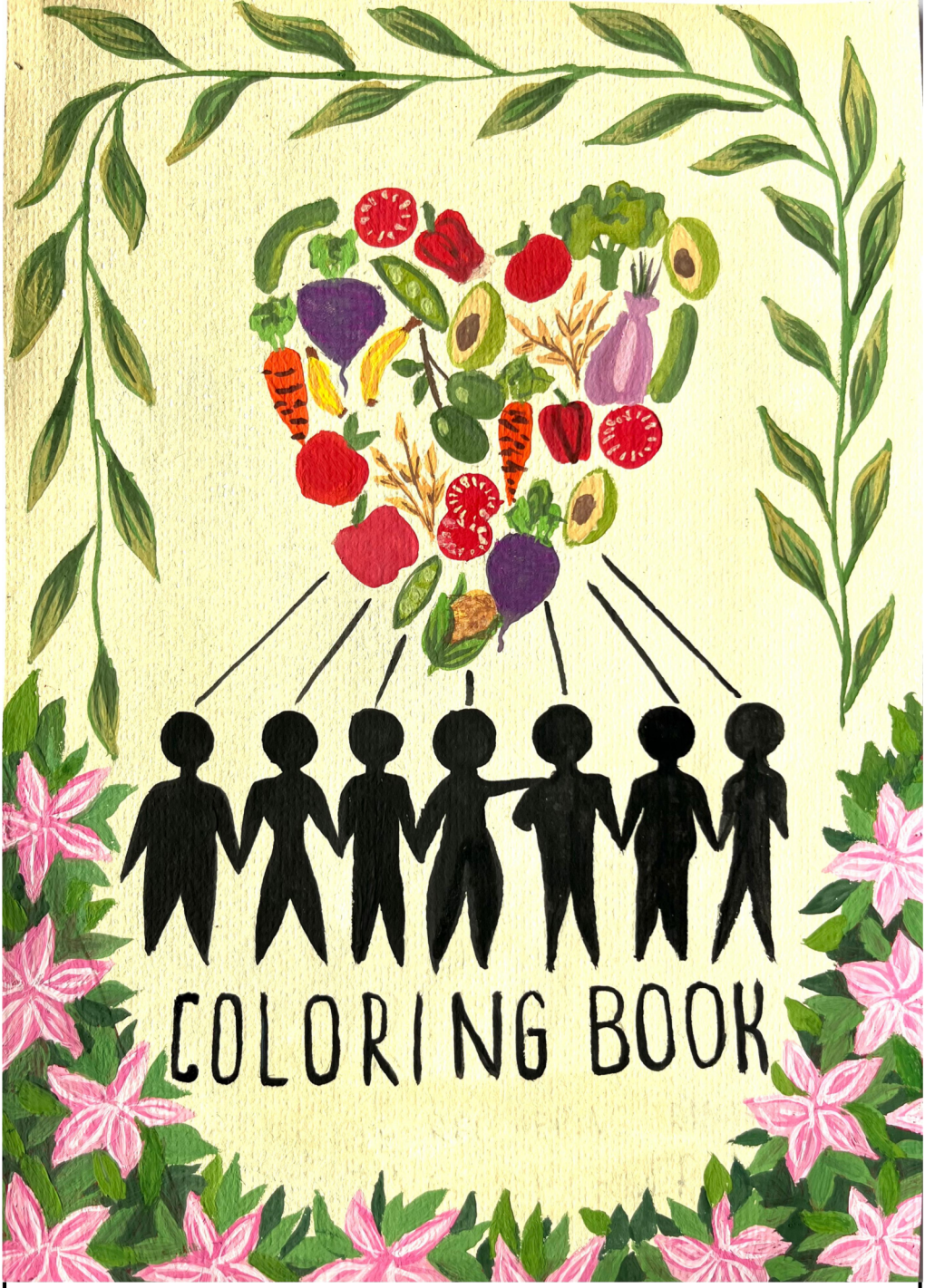


Jaunatnes starptautisko programmu aģentūra

Funded by the European Union

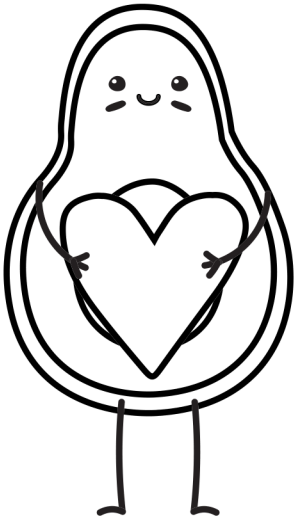
THIS BOOK HAS BEEN CREATED BY TEAM
OF PROJECT
"FOOD IS NUTRITION.THAT'S IT"
TO HELP YOUNG PEOPLE WITH BODY
ISSUES TO IMPROVE THEIR BODY IMAGE
AND QUALITY OF LIFE.

We wish You to find right path in Life,self acceptance,to heal Your inner child, trust Yourself and to start Love Yourself!

Negative body image is a subjective perception where an individual experiences dissatisfaction and discontent with their own body, often focusing on perceived flaws or imperfections. This perception can be influenced by various internal and external factors, leading to a distorted view of one's body shape, size, and appearance.

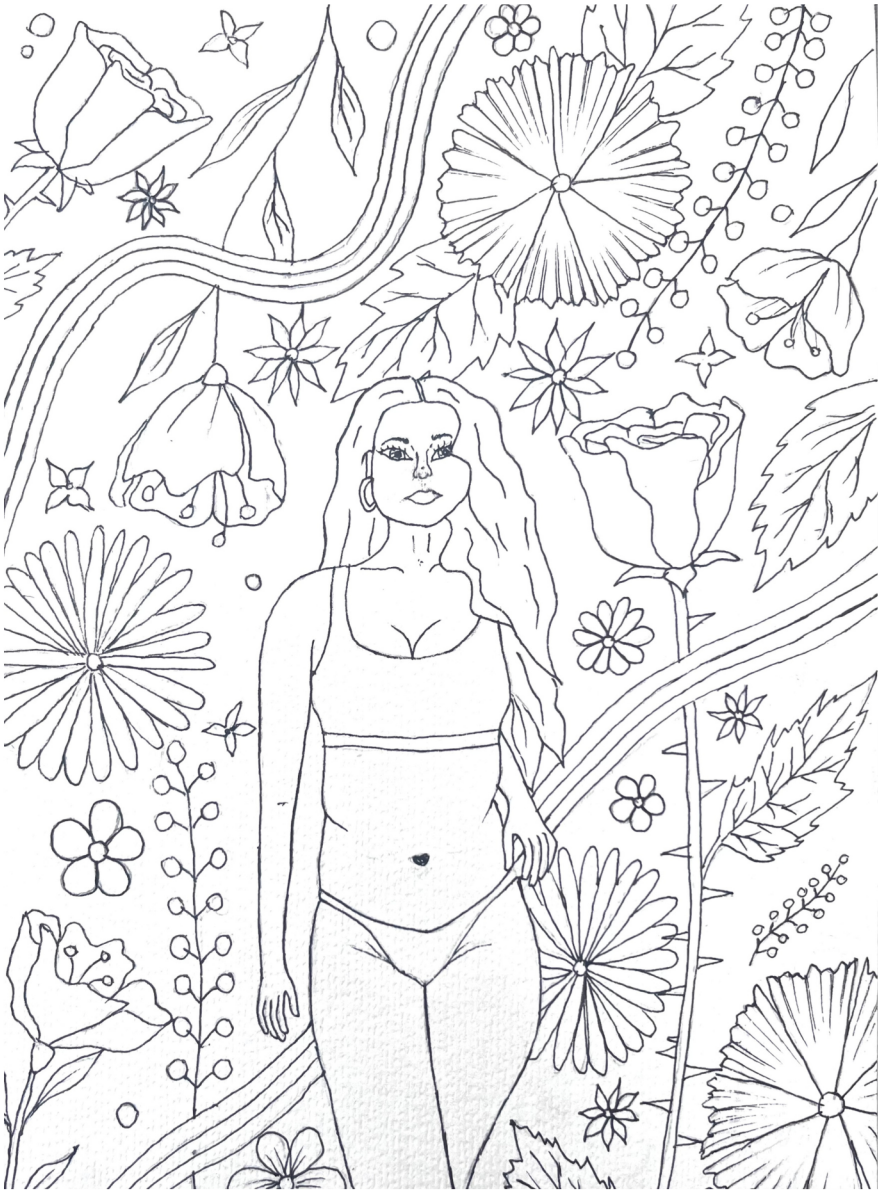
Quality of Life:
Persistent negative thoughts about one's body can diminish overall life satisfaction and happiness, making it difficult to enjoy life fully.
Addressing negative body image involves a multifaceted approach, including psychological support, promoting a healthy lifestyle, fostering a positive and realistic view of body image, and challenging societal standards and stereotypes about beauty

YOU ARE ENOUGH. WE ALL ARE.



Coloring Book to improve body image.

All bodies are beautiful



A flower can't bloom if it doesn't get the nacessary nutrients for growth, so can't You. As every flower, grow and show the world Your beauty!

History of body image

Ancient Times

Greece and Rome: Ideal bodies were depicted as athletic and muscular for men, and curvaceous and fertile for women, reflecting societal values of strength, fertility, and health.

Middle Ages

Europe: Full-figured bodies were often idealized, symbolizing wealth and fertility, as food scarcity made plumpness a sign of affluence.

Renaissance

Europe: Art from this period, like paintings by Rubens, glorified voluptuous women, again associating fuller bodies with beauty and fertility.

19th Century

Victorian Era: The ideal female body became more restrained, with corsets emphasizing a tiny waist and an exaggerated hourglass figure. For men, a dignified and robust physique was preferred.

Early 20th Century

1920s:The flapper era celebrated a boyish, slender figure for women, reflecting the social liberation and a departure from Victorian ideals.

1950s: Post-war prosperity brought back the hourglass figure epitomized by celebrities like Marilyn Monroe, reflecting domestic ideals of femininity and fertility.

Late 20th Century

1960s and 70s:The fashion industry promoted extreme thinness with models like Twiggy, leading to the idolization of a very slim body type.

1980s: Fitness culture grew, celebrating toned and athletic bodies for both men and women. Supermodels like Cindy Crawford represented this ideal.

1990s:The "heroin chic" look became fashionable, emphasizing thinness often to an unhealthy extent, with models like Kate Moss setting the trend.

Early 21st Century

2000s: Media and fashion continued to emphasize thinness, though there was growing criticism of these unrealistic standards. The rise of social media began to amplify diverse body images, but also introduced new pressures and comparisons.

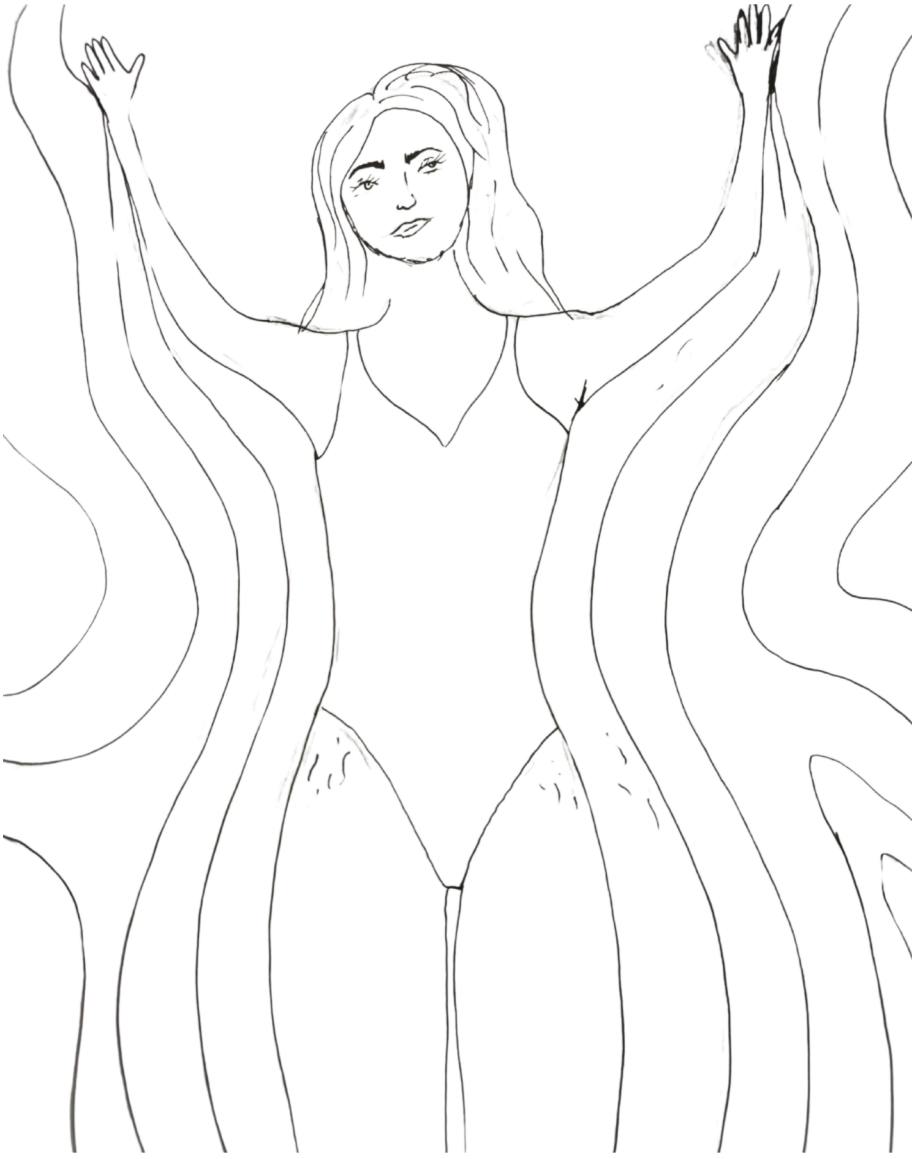
Recent Developments

2010s and Beyond: There has been a significant push towards body positivity and acceptance, with movements like #BodyPositivity and #EffYourBeautyStandards advocating for the inclusion of all body types. Celebrities and influencers have begun promoting more diverse and realistic body images. Brands and media are increasingly featuring models of various sizes, ages, and ethnic backgrounds.

Ongoing Challenges

Despite progress, many cultures still struggle with unrealistic beauty standards perpetuated by media, social platforms, and cultural norms. Issues such as body shaming, eating disorders, and mental health problems remain prevalent, highlighting the need for continued advocacy and education.

The history of body image issues shows a fluctuating ideal, often driven by economic, social, and cultural factors, with ongoing efforts to promote more inclusive and healthy standards.



Bodies have no limits

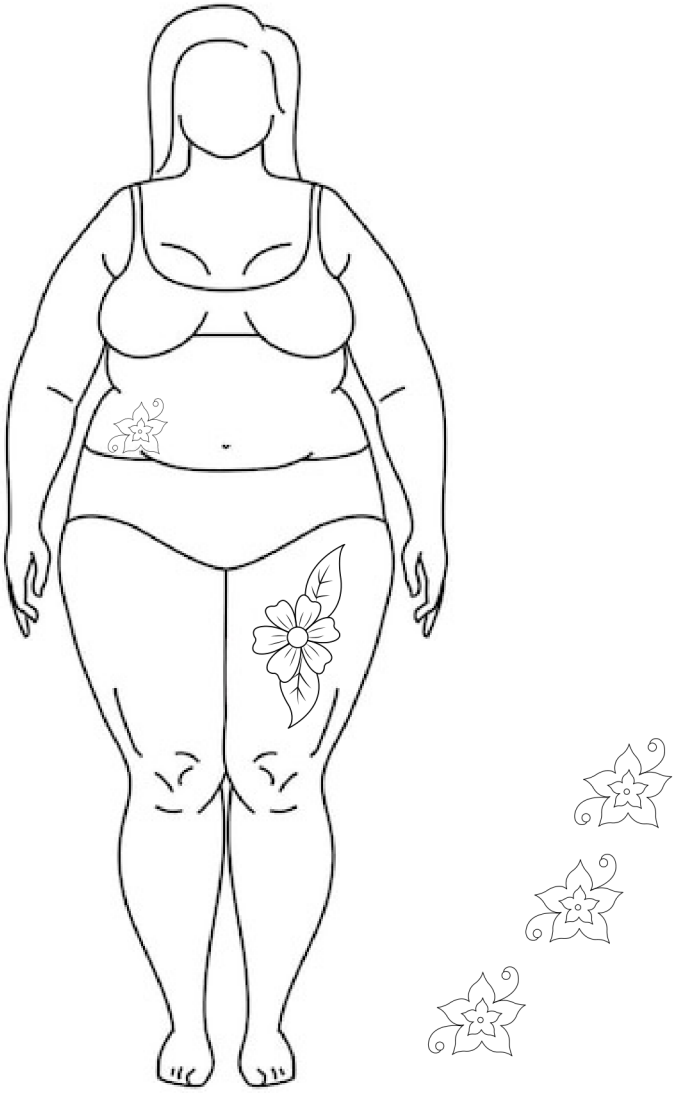
Eczema body= beautiful body

Choices

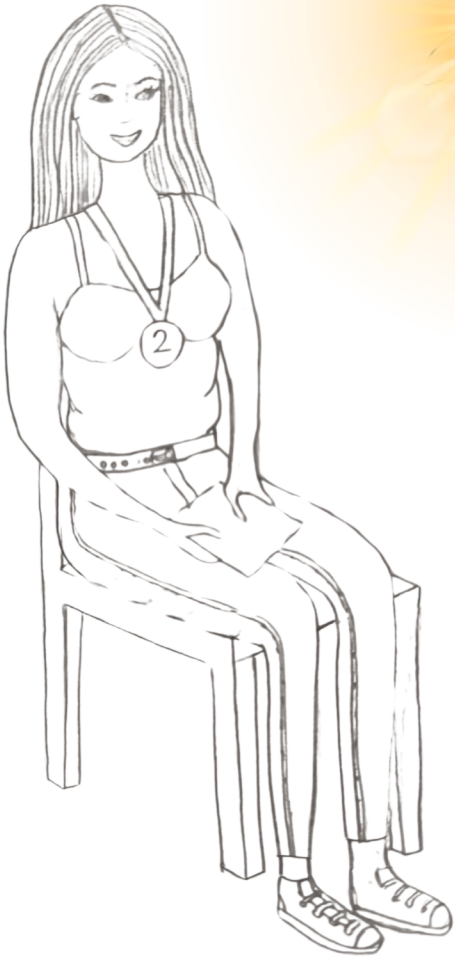
NOURISH TO FLOURISH

IMPERFECTION

You are beautiful



Bright side to see



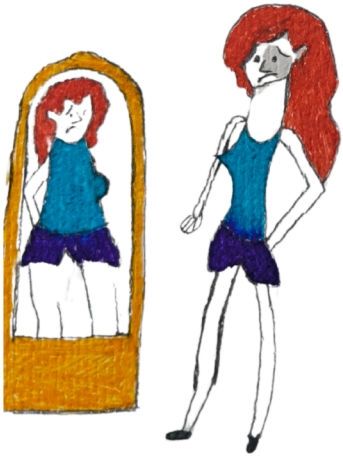
Excercise:

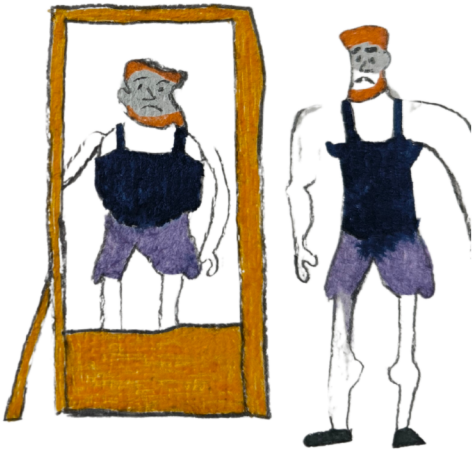
The imagination paradise of a shopping mall

Imagine Yourself walking through a shopping mall. Picture Yourself surrounded by people your age and mannequins in the shops. Watch Yourself going in. See Yourself going through the clothes on the racks. Notice how you feel and what you are thinking. Picture Yourself choosing some clothes to try on. Watch Yourself going into the dressing room, closing the door, and hanging up the clothes. See Yourself taking off your clothes and catching Your reflection in the mirror. Watch as You try on the new clothes and become harsh and critical about Your body. Then picture Yourself stopping mid-thought and thinking, "No! I refuse to keep hating my body." Watch as You choose thoughts about Your body that are respectful and kind. Watch as You choose an outfit in a size that fits and looks nice on You.

Write down thoughts that are respectful and kind, here:

Body image has no gender





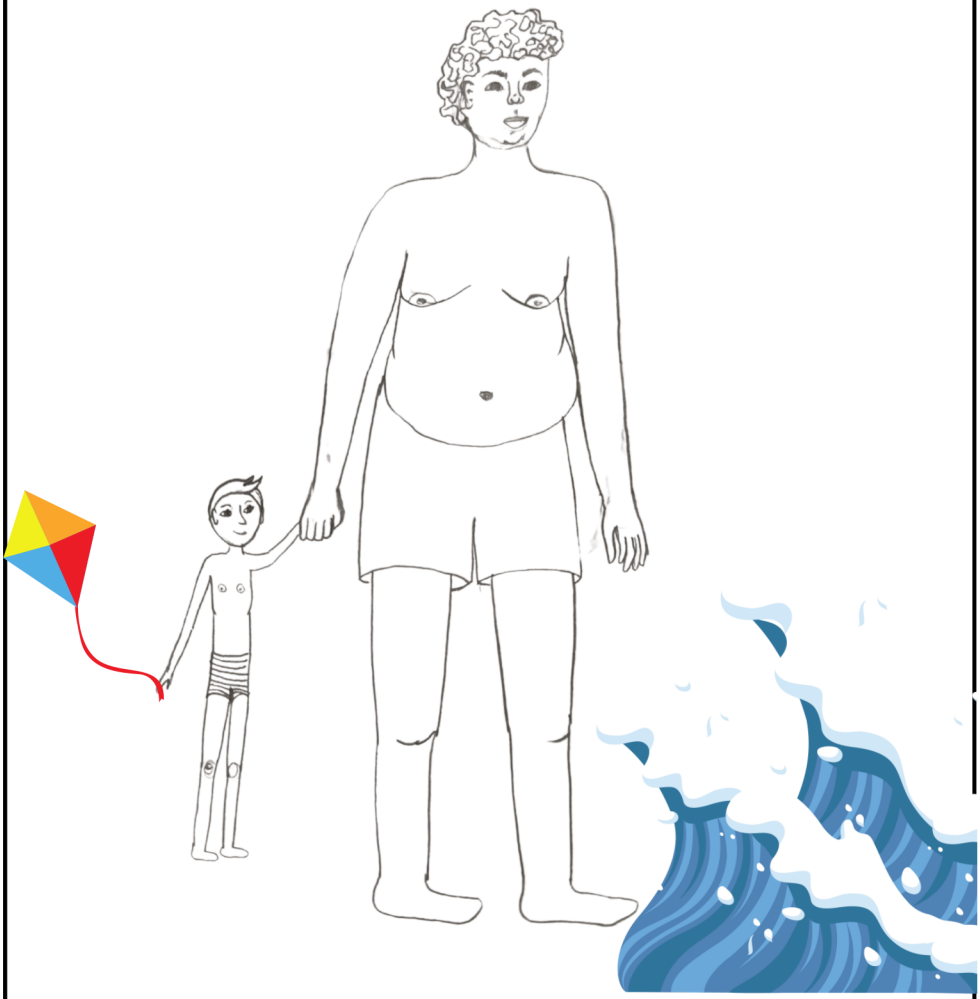
LOVE WHO
YOU ARE

Excercise:

Imagine You wanted to teach a young girl or a boy everything You have learned about false body images. What would You tell them?

Now imagine Your younger self and think about, how You would have lived your life, if You would have been living with the truth and the right perception of body image for all those years and think deeply about what You can still manage to pursuit by changing it:).

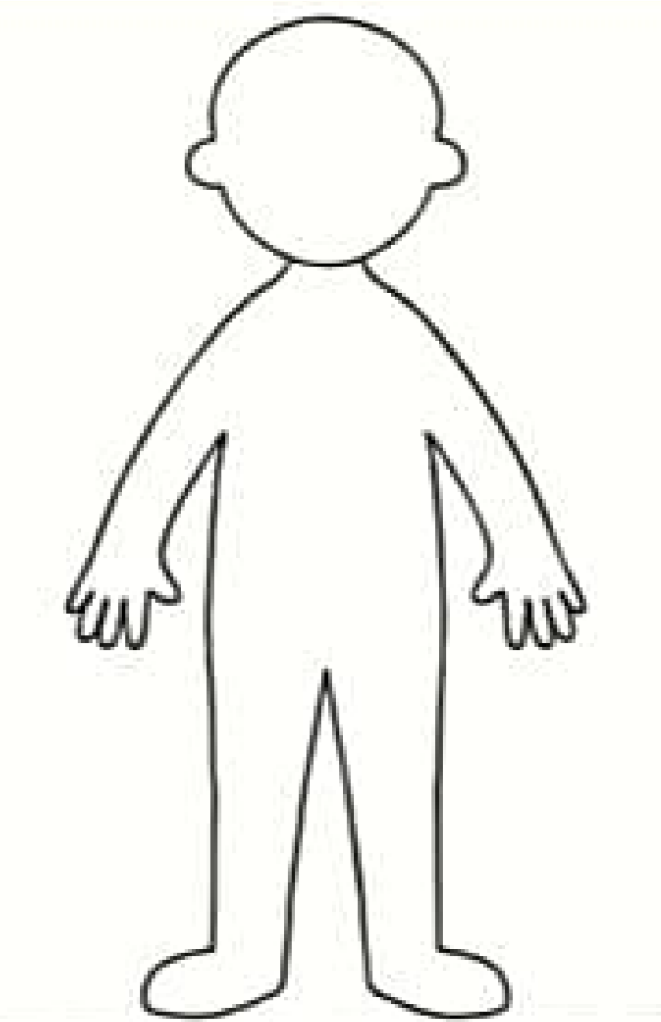
Heroes aren't One sized



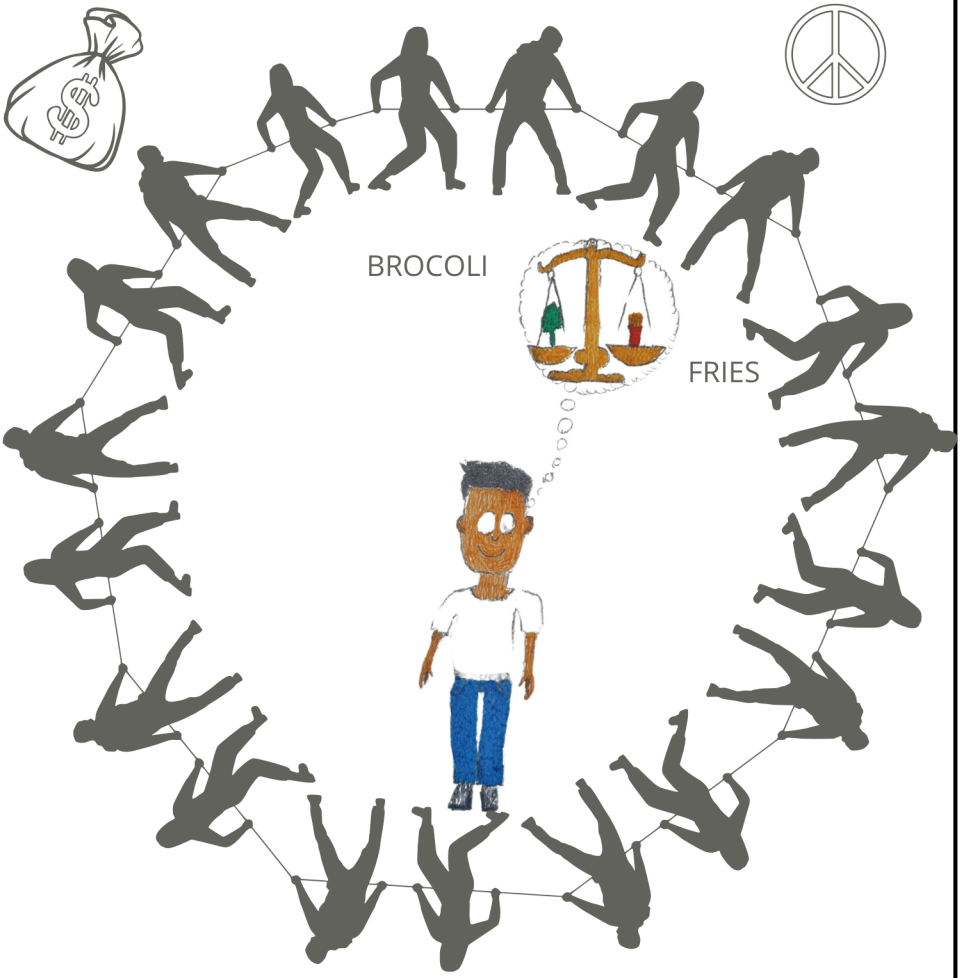
We all are different

Excercise:

Inside each of the body parts or next to them write how this body part has helped You.
For example if You ice skated as a child maybe you might tell how Your feet worked.
Reflect on what all your body has given to You.

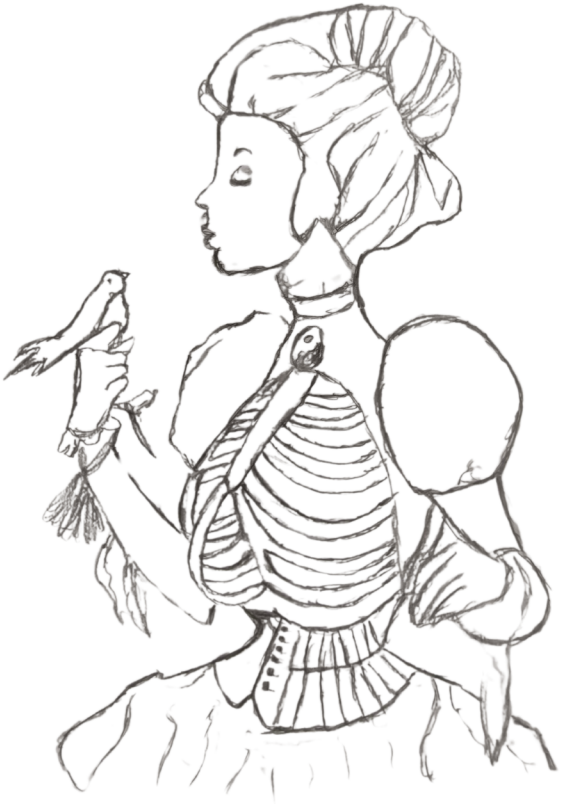


In Your weights of Life, is there space for such thoughts?



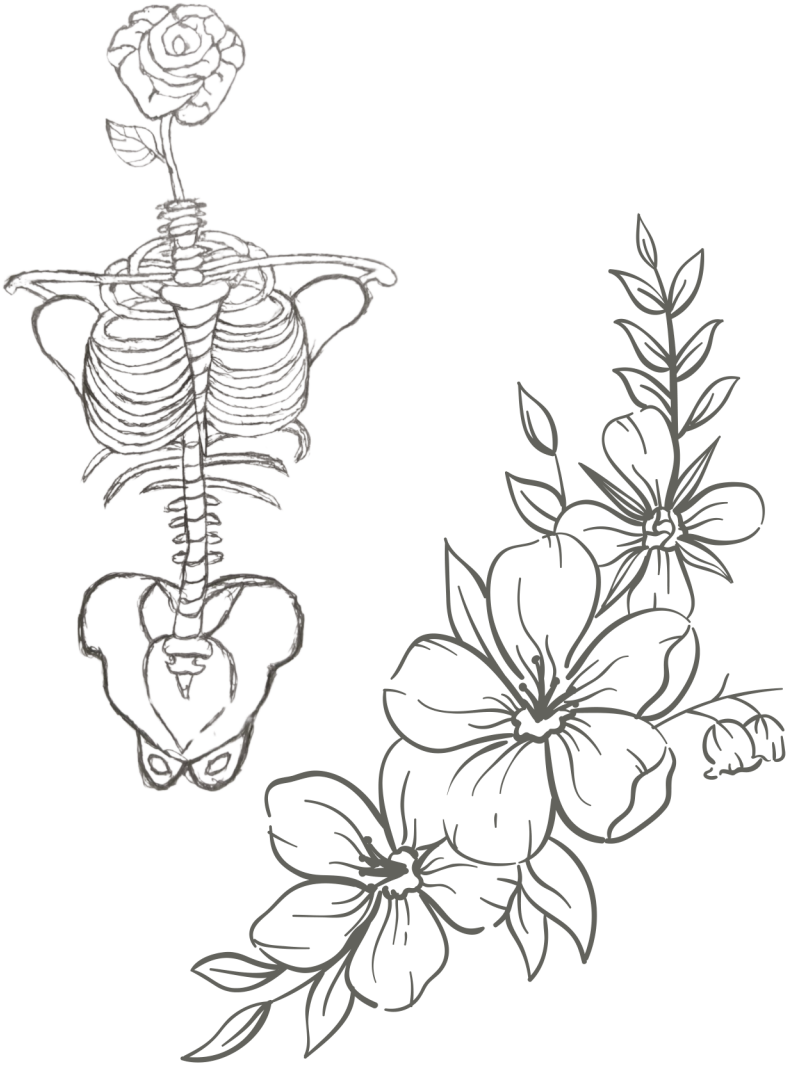
VALUES

Aristocratic or suffering?

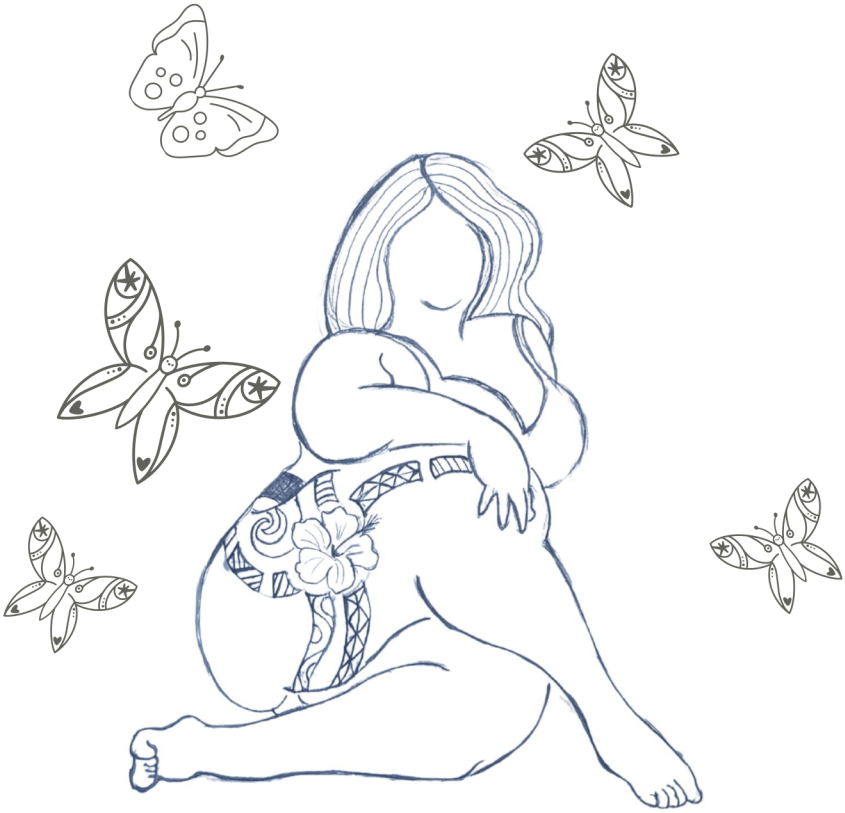


Or stereotypes?

Are You thriving?



Beauty has no limits



Exercise:

Below are some body identity archetypes. Think of the role that fits You.

Sexy Mama Archetype : You are proud of Your curves and You have a right to flaunt them. You are sexy. Your sexiness may be misunderstood because what You really want is a stable relationship.
When I am acting sexy what I really want is .....

Radical Archetype : You want to flip off everyone who calls You fat. Being angry is your way of coping with fat shaming.
If my anger could talk it would say that what I really want is.....

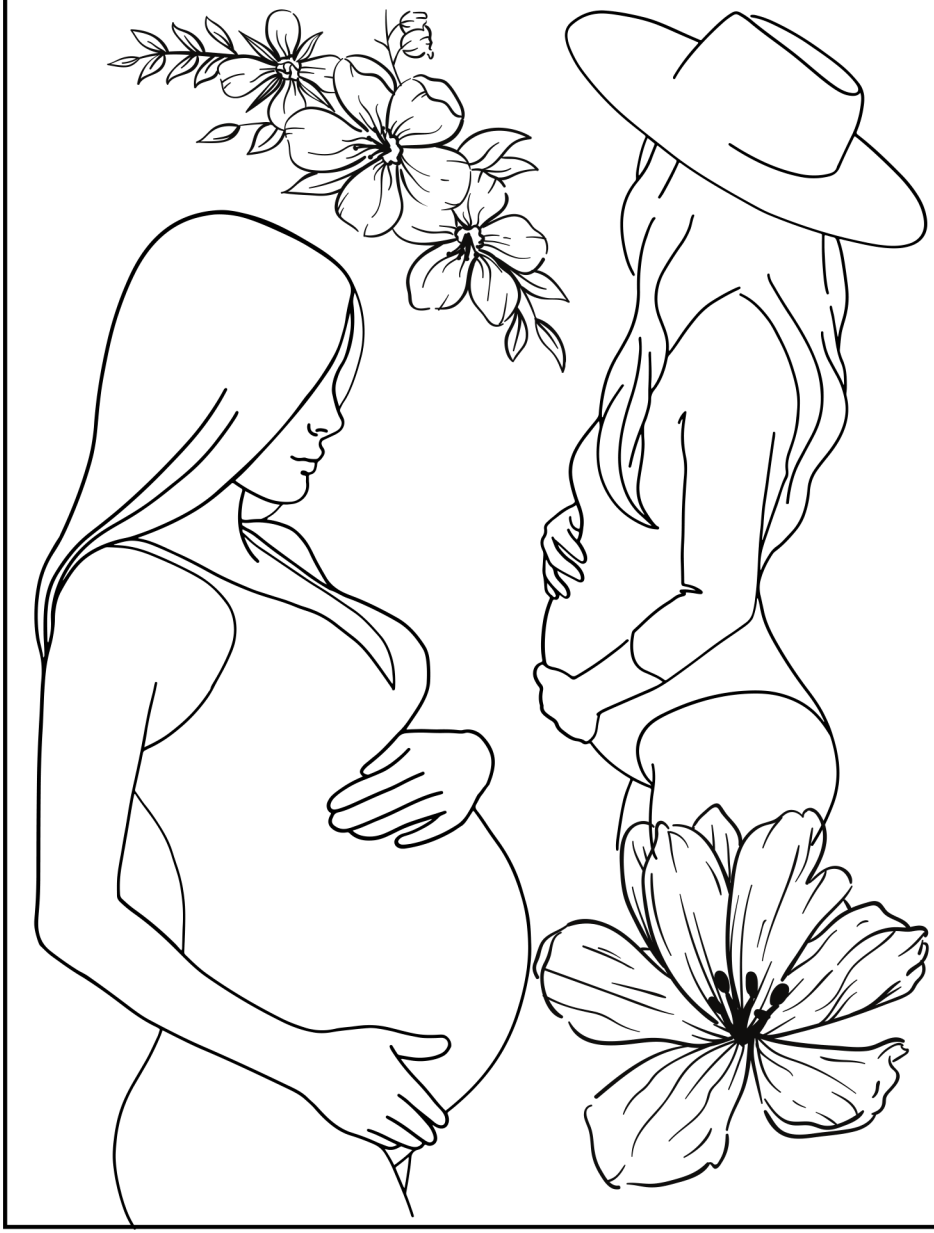
Good Girl or Good Boy Archetype: You are a people-pleaser who avoids conflict.
When I am saying yes even when I want to say no, what I really want or need is.....

The Joker Archetype : You deflect any compliments or defuse conflict with humor. Everyone loves to be around You because You are so funny.
Being funny helps me feel.....

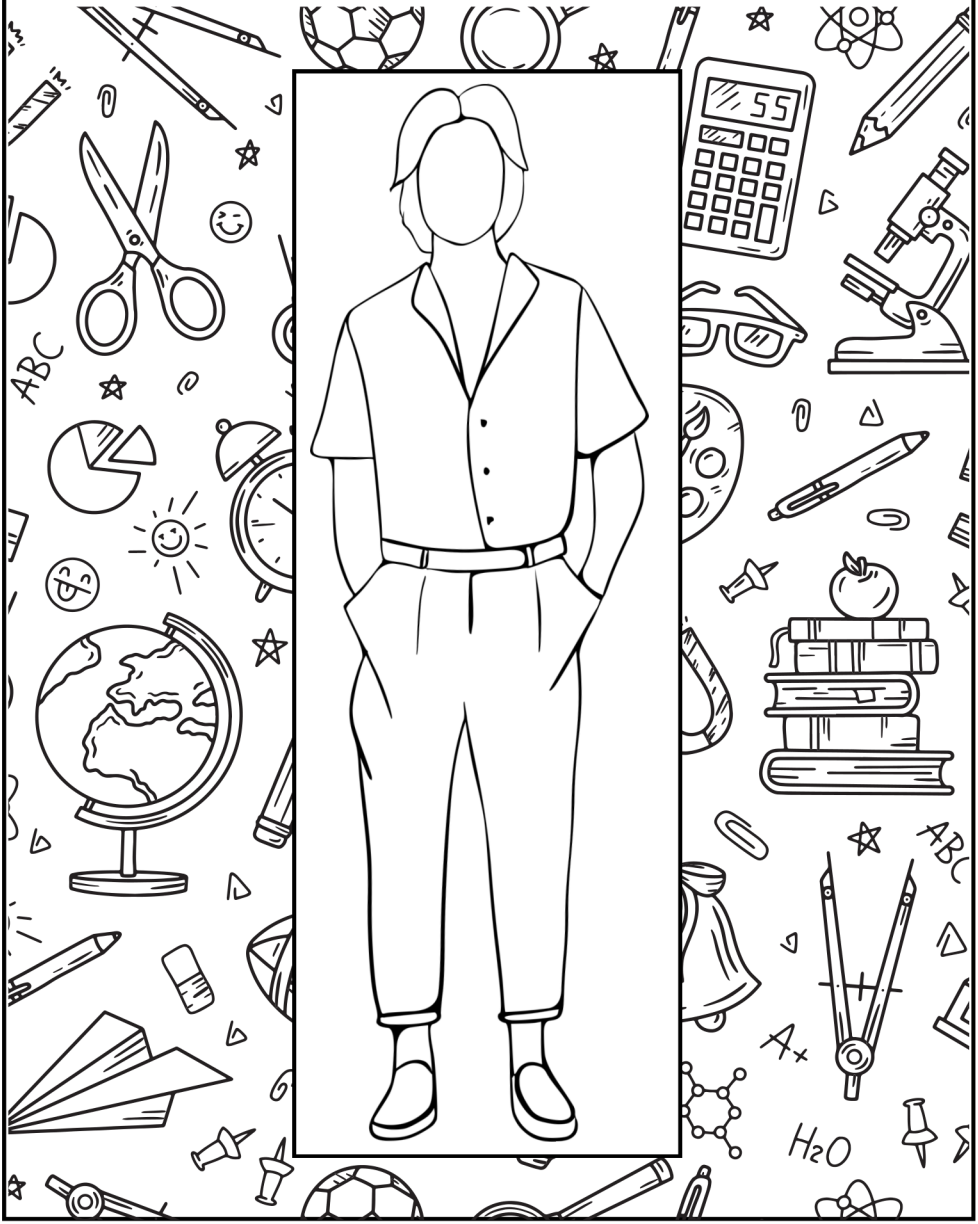
No one has rights to shame someone

Human as a part of nature

Caring bodies



I am strong

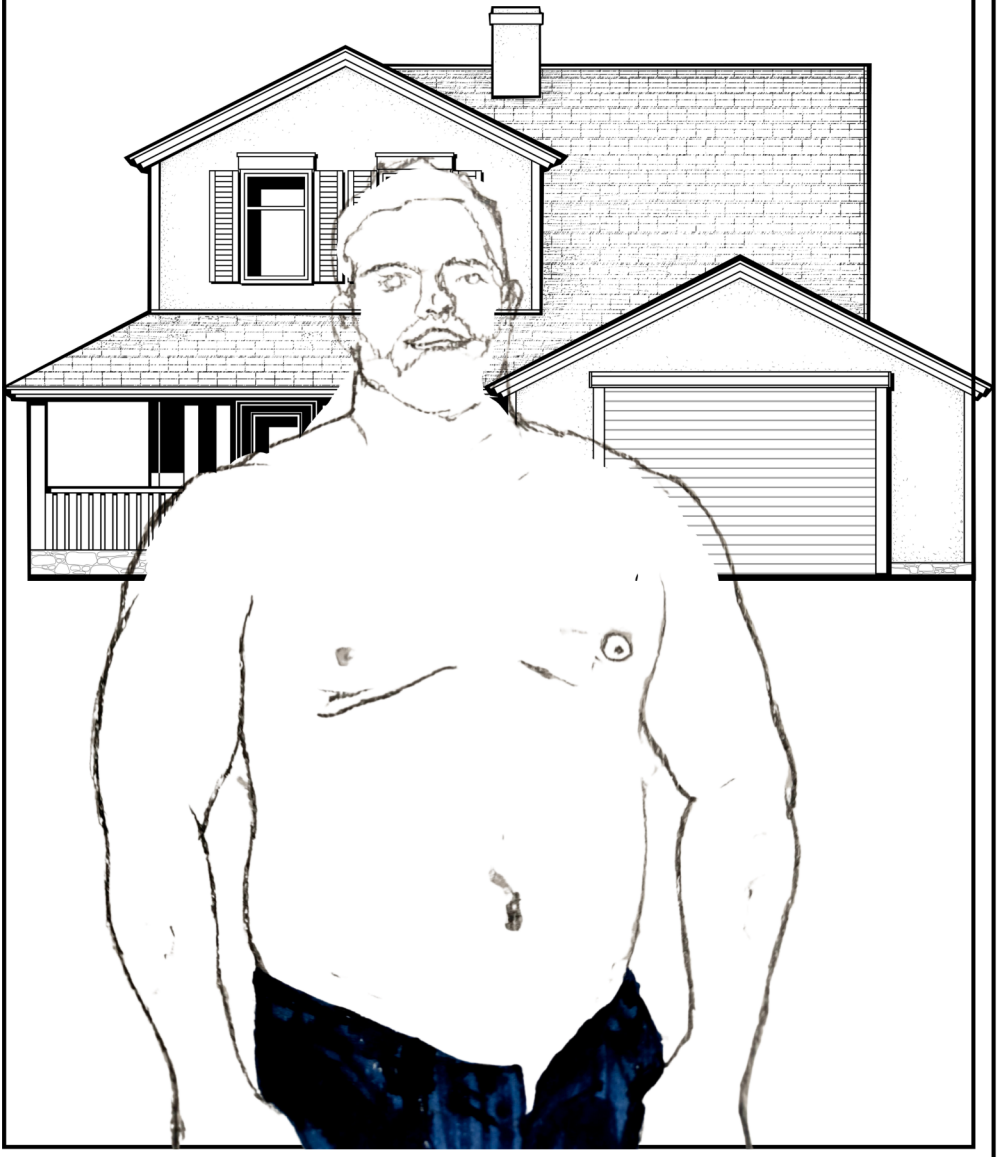


Exercise:

The miracle question

Imagine that when You go to bed tonight a miracle occurs and Your eating disorder disappears. However, because You were asleep You do not know that this has happened. Write about the day after the miracle, from the moment that You wake up to when You go to bed at night. Think about what You would do and what others would notice that would make You think that the miracle had occurred. Be as detailed as possible.

Masculine men



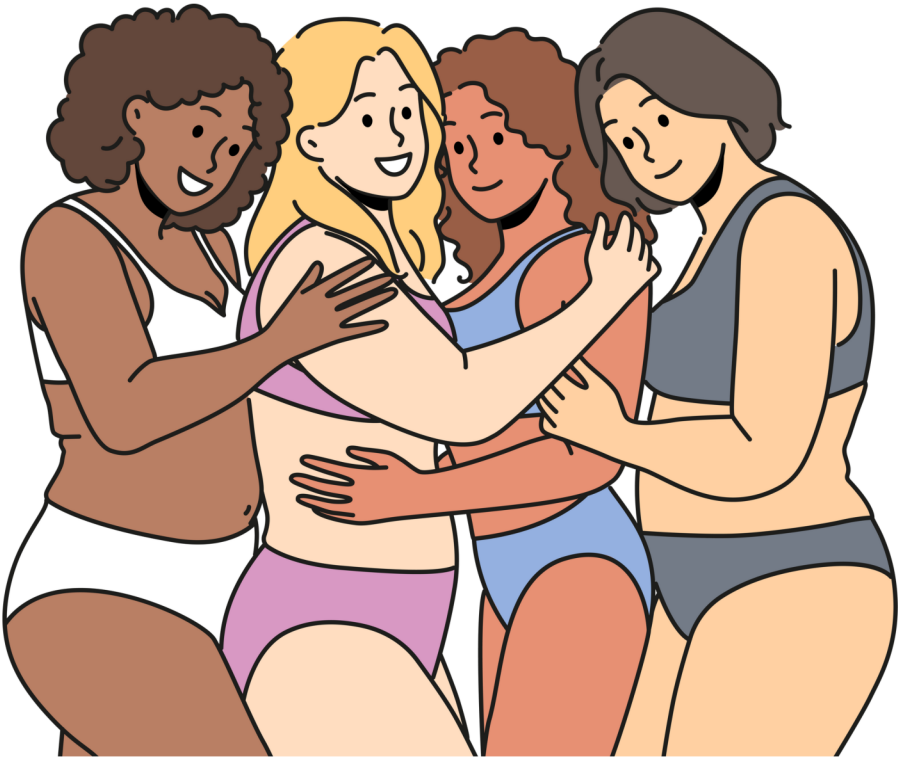
Friends

SUPPORT ACCEPTANCE

COMMUNICATION

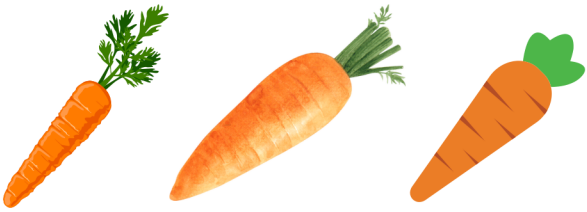
HELP LOVE FRIENDSHIP

UNDERSTANDMENT

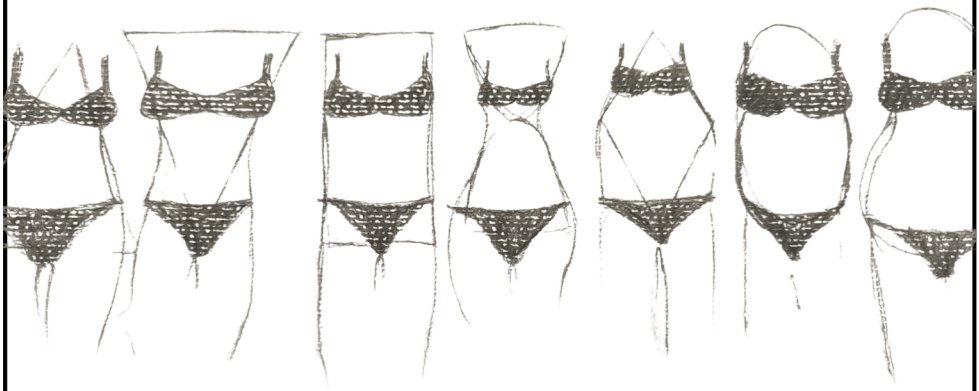


Real

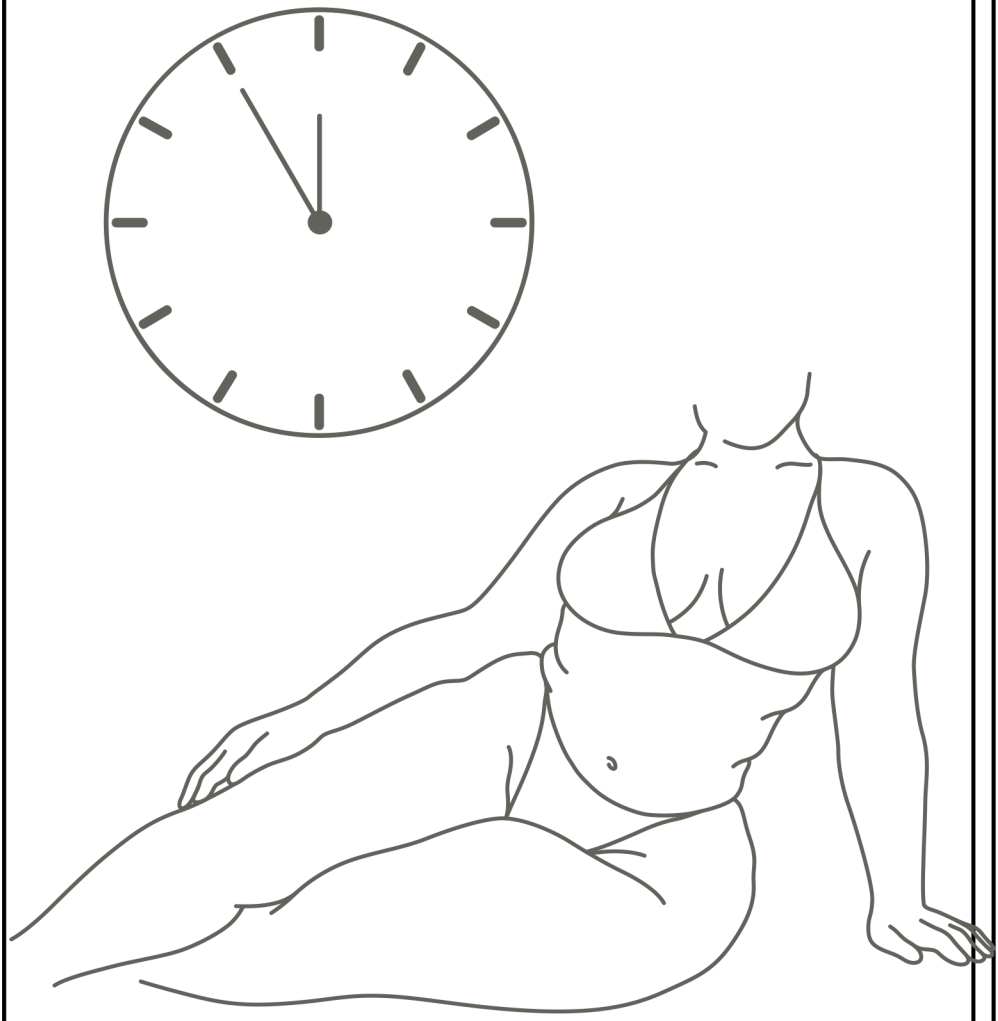
Peace and harmony



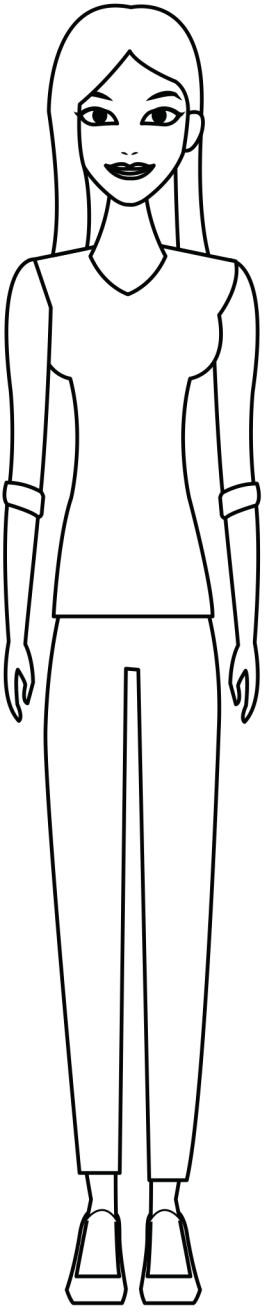
Different



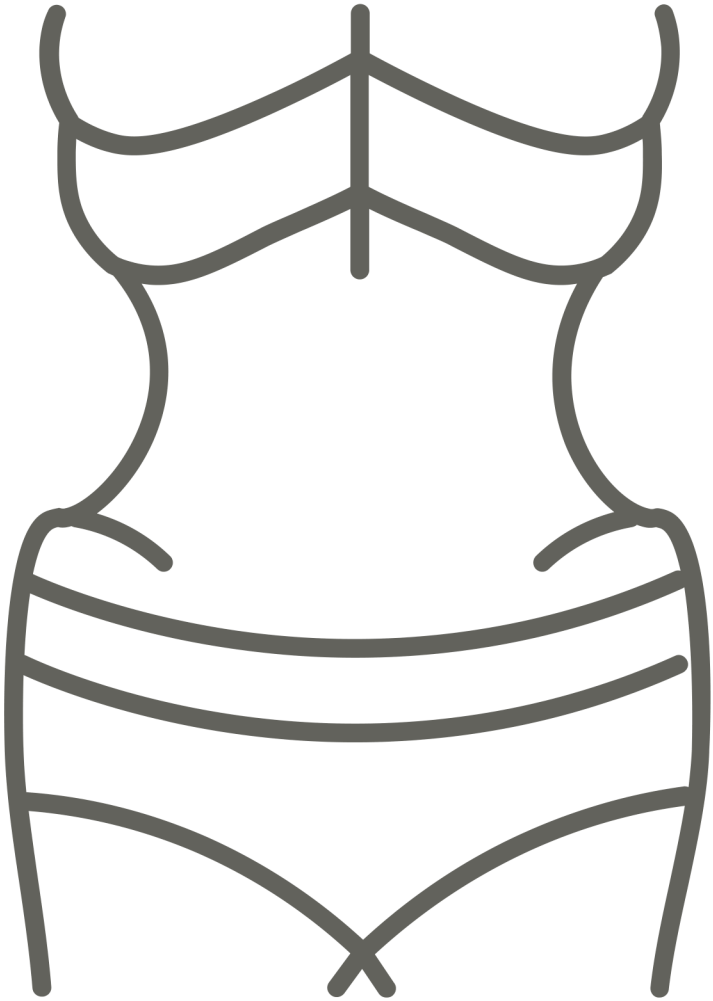
Not better or worse

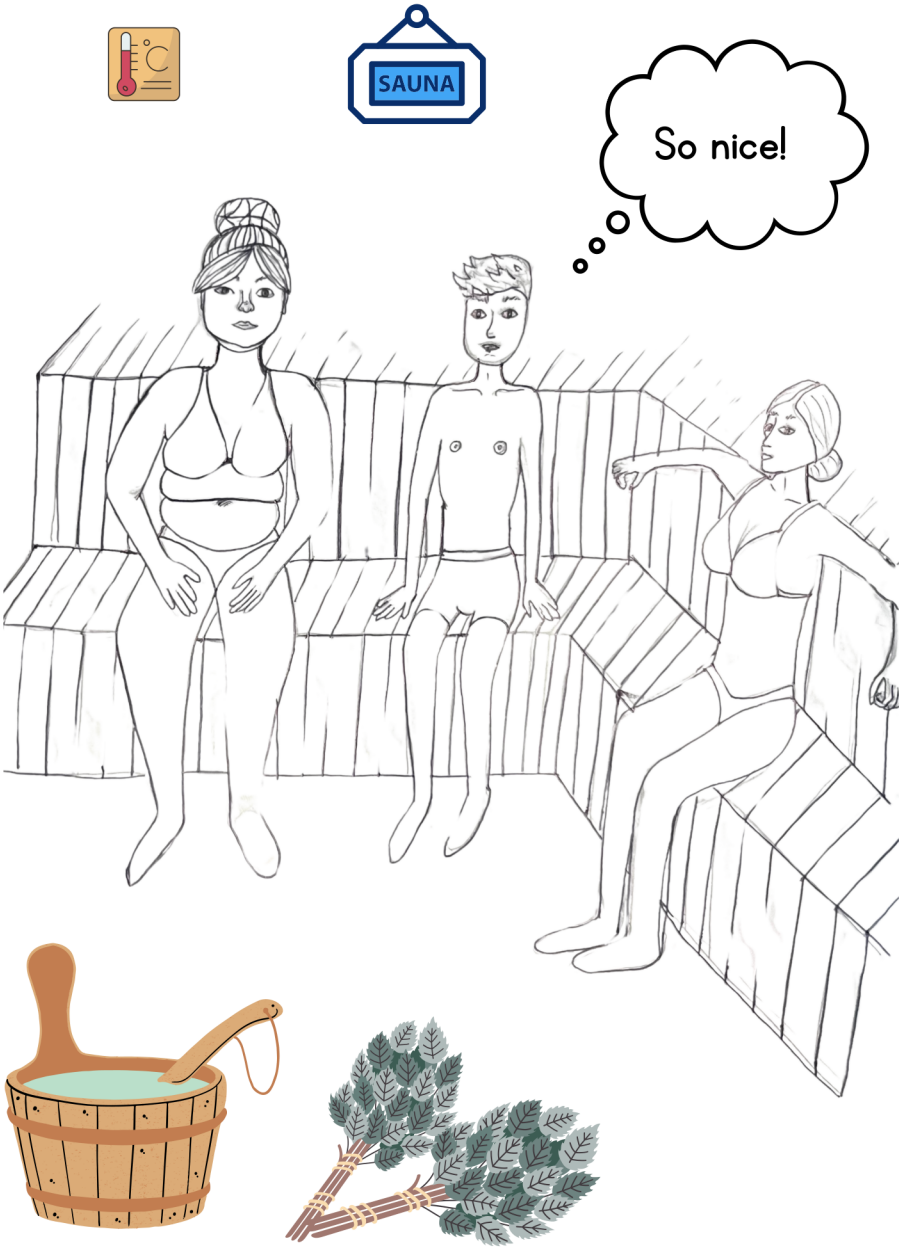


During any physical activity, such as yoga or walking, practice mindfulness by focusing on Your breathing and bodily sensations. This helps cultivate a deeper connection with Your body.



Male bodies
Can be
different




SAUNA
So nice!

Exercise:

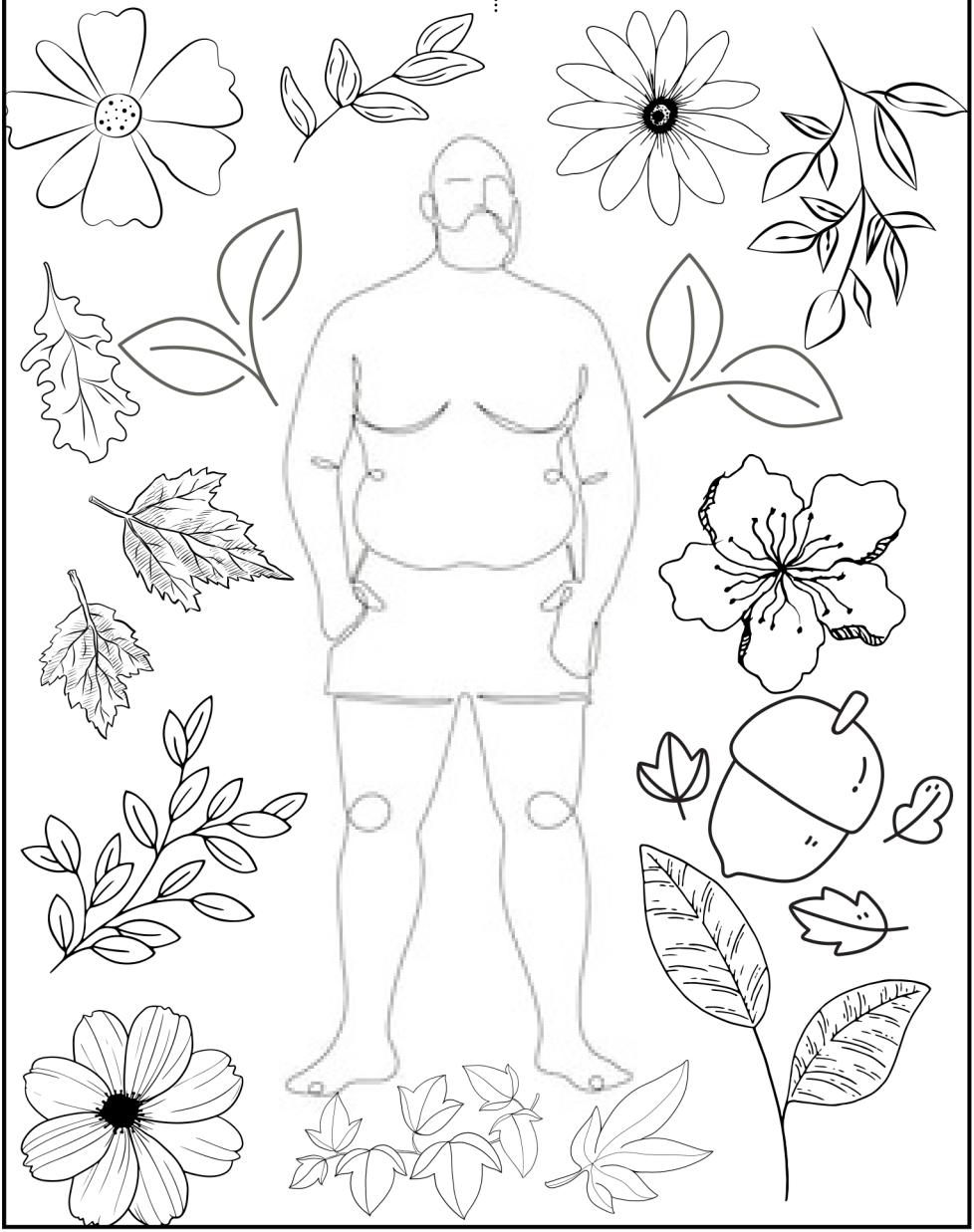
Circle any of the following items that You are grateful for, and then add at least ten more of Your own.

- I can hear music
- I am not homeless
- I can breath
- I have a place to sleep
- I am getting an education
- I have medical care
- I have a sense of humor
- I can read
- I have one memory that I cherish
- I am working my way out of an eating disorder
-
-
-
-
-
-
-
-
-

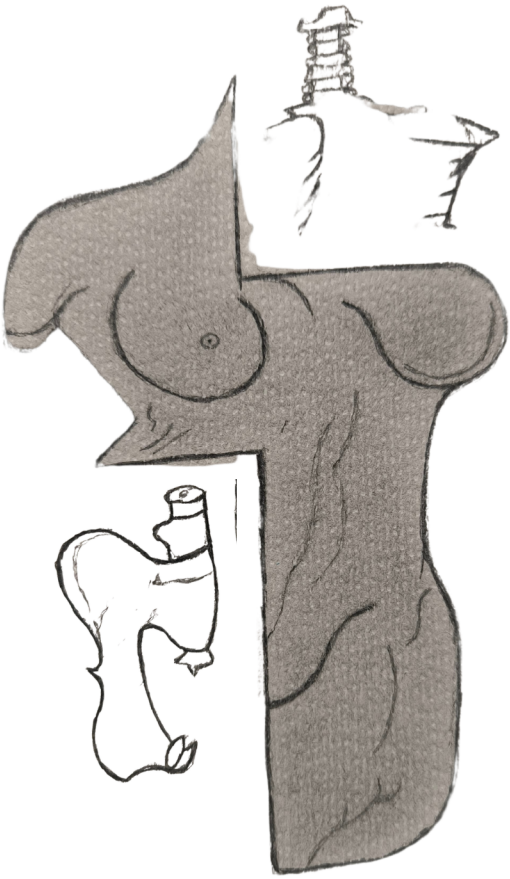
Journal about how the items on Your list are different from the toughts or attitudes that fuel Your eating disorder.

I am caring

I am spirited



Body to carry You



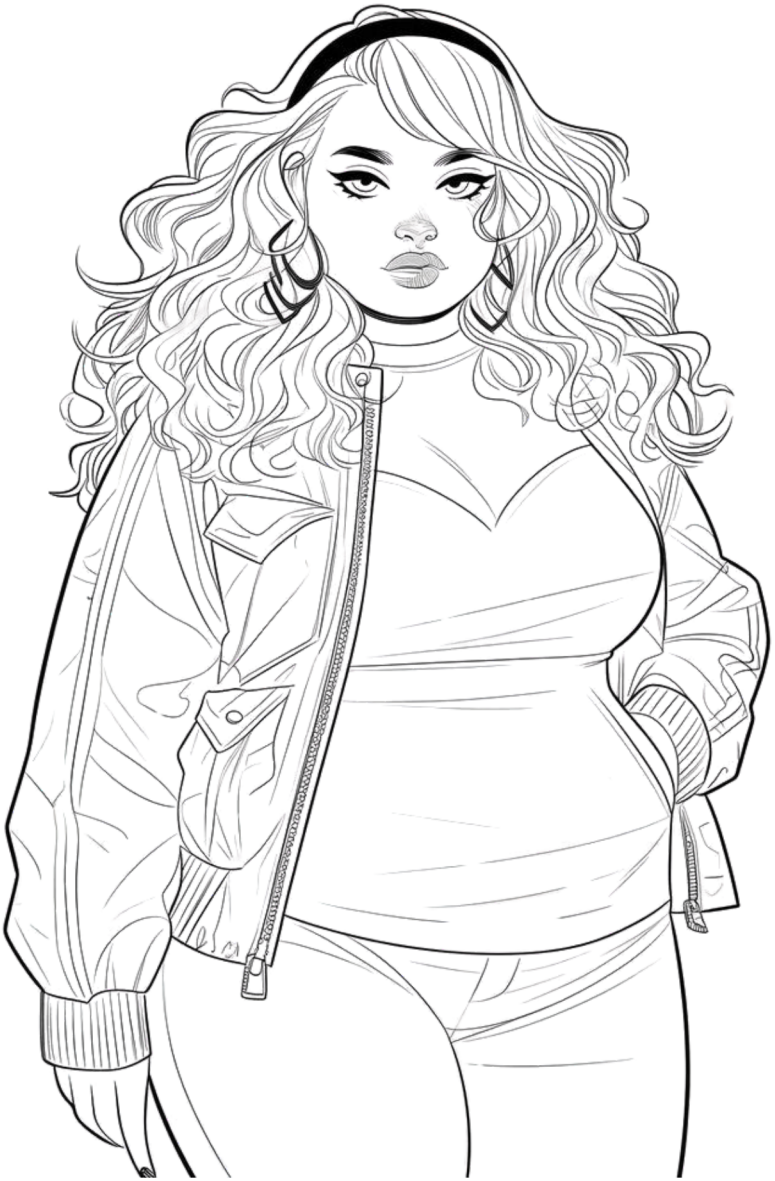
Working body

Uniqueness

Exercise:

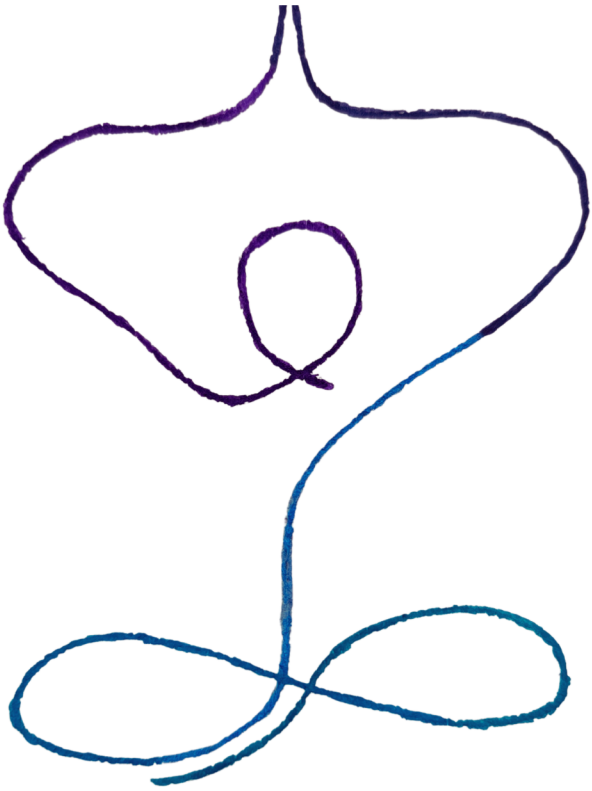
Make a list of the people You try to please by being someone other than your authentic self. After each name, describe how You change when You are around this person. Next, number the names on your list in order of how hard it would be to act as Your authentic self around these people. Finally, starting with the easiest person, write a small step You could take to be more authentic with that person. Set a goal to take one of these steps in the next week, and carry it out. Journal about Your experience.

I am youthful

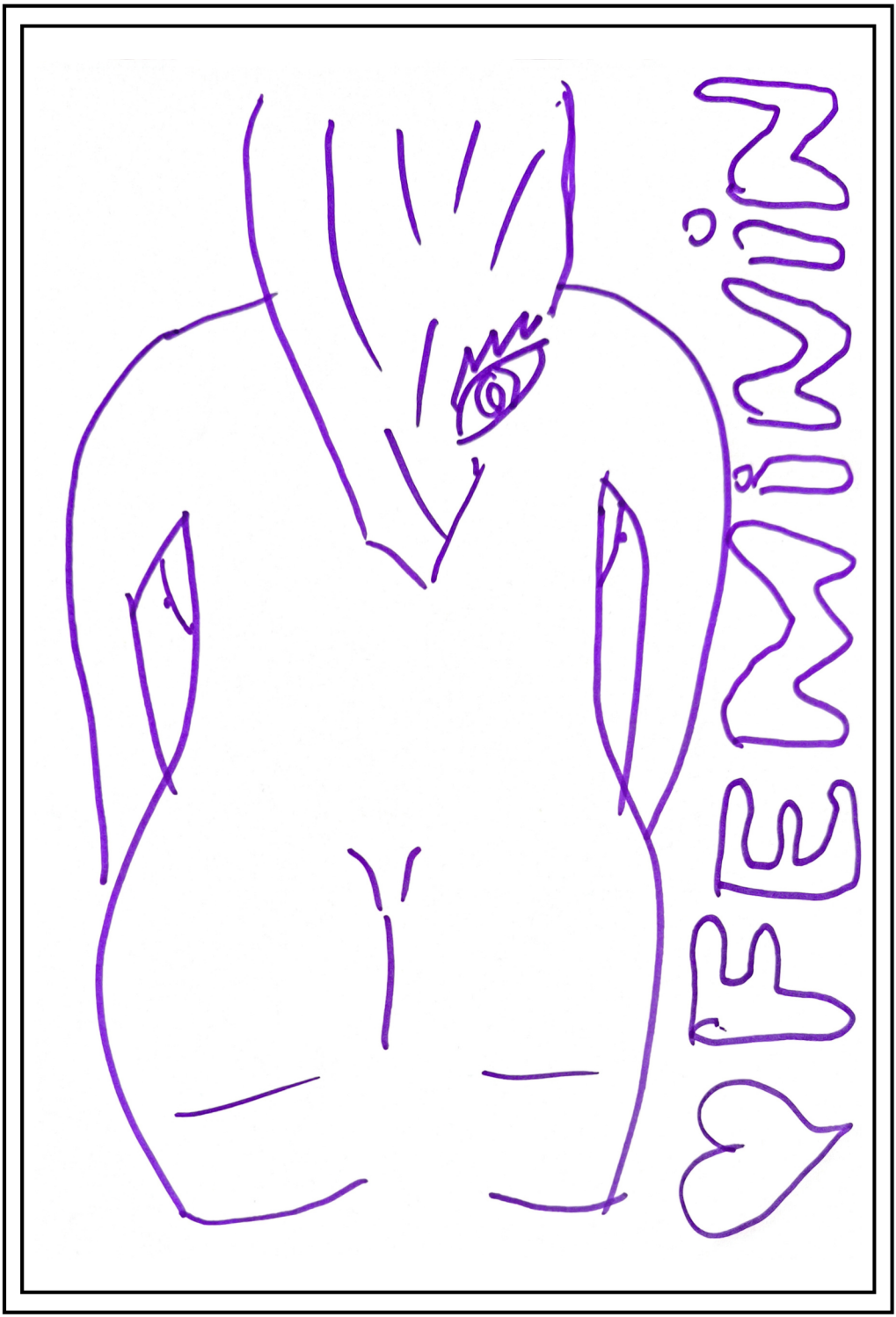


I am nice

Talanted body



Harmony


FEMININ

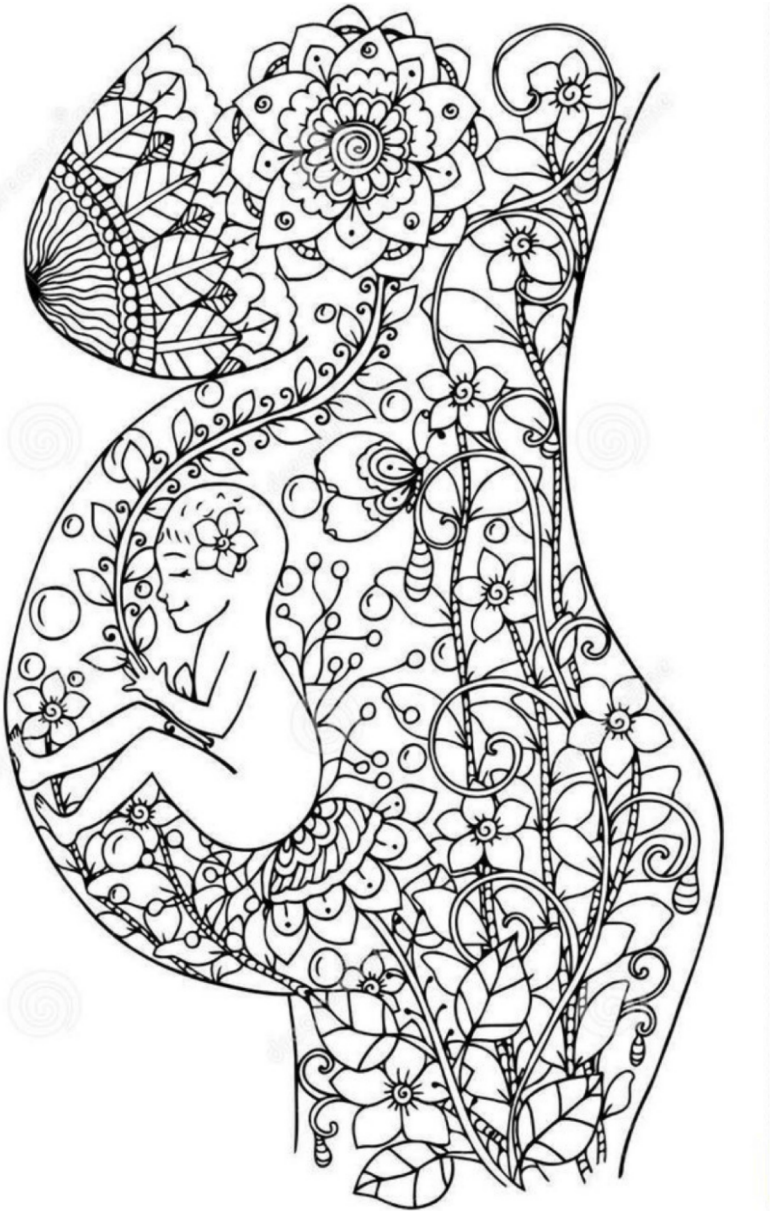
I am zealous

All bodies need to enjoy life

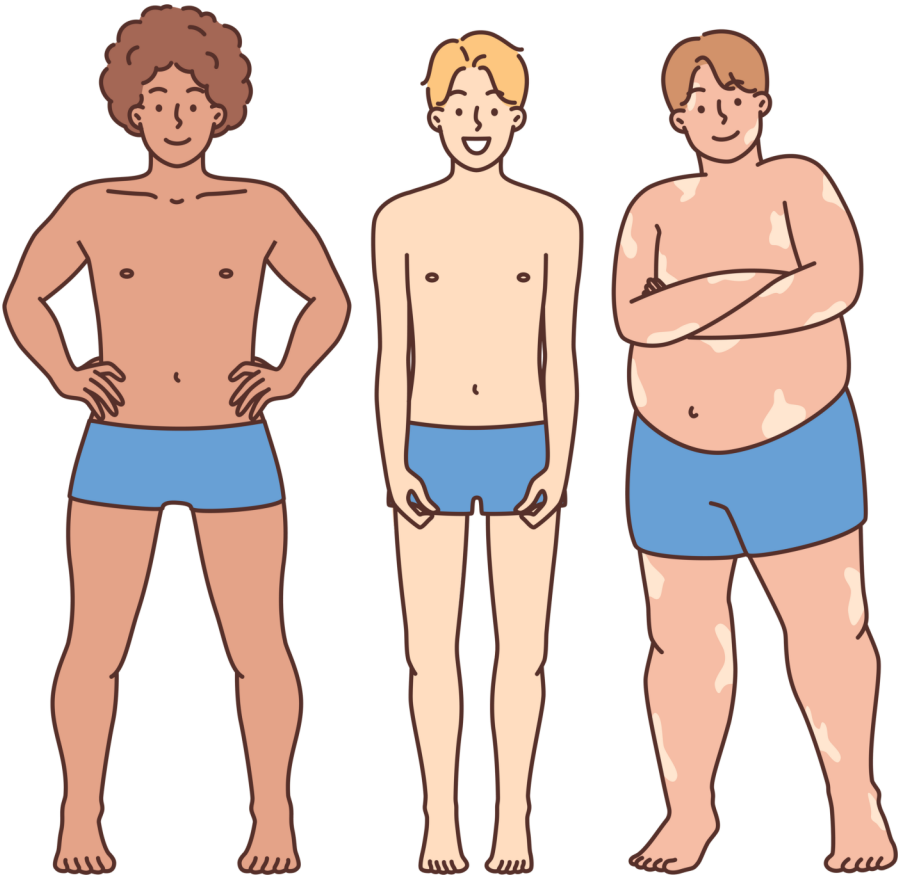
Yesterday is history.
Tomorrow is a mistery.
But today is a gift.
That's why we call it
"the present".
~Eleanor Roosevelt
Leave the past
behind You!

I am resilient

I am mindful



Friends



Excercise:

Practice speaking

to Yourself with kindness and understanding, as You would to a friend. Write things You appriciate about Yourself.

ADVICE 😉

FOLLOW

Limit Your time on social media, or follow accounts that inspire You to live life to the fullest and promote a genuine, positive body image. Unfollow any accounts that negatively influence Your perception of body image.

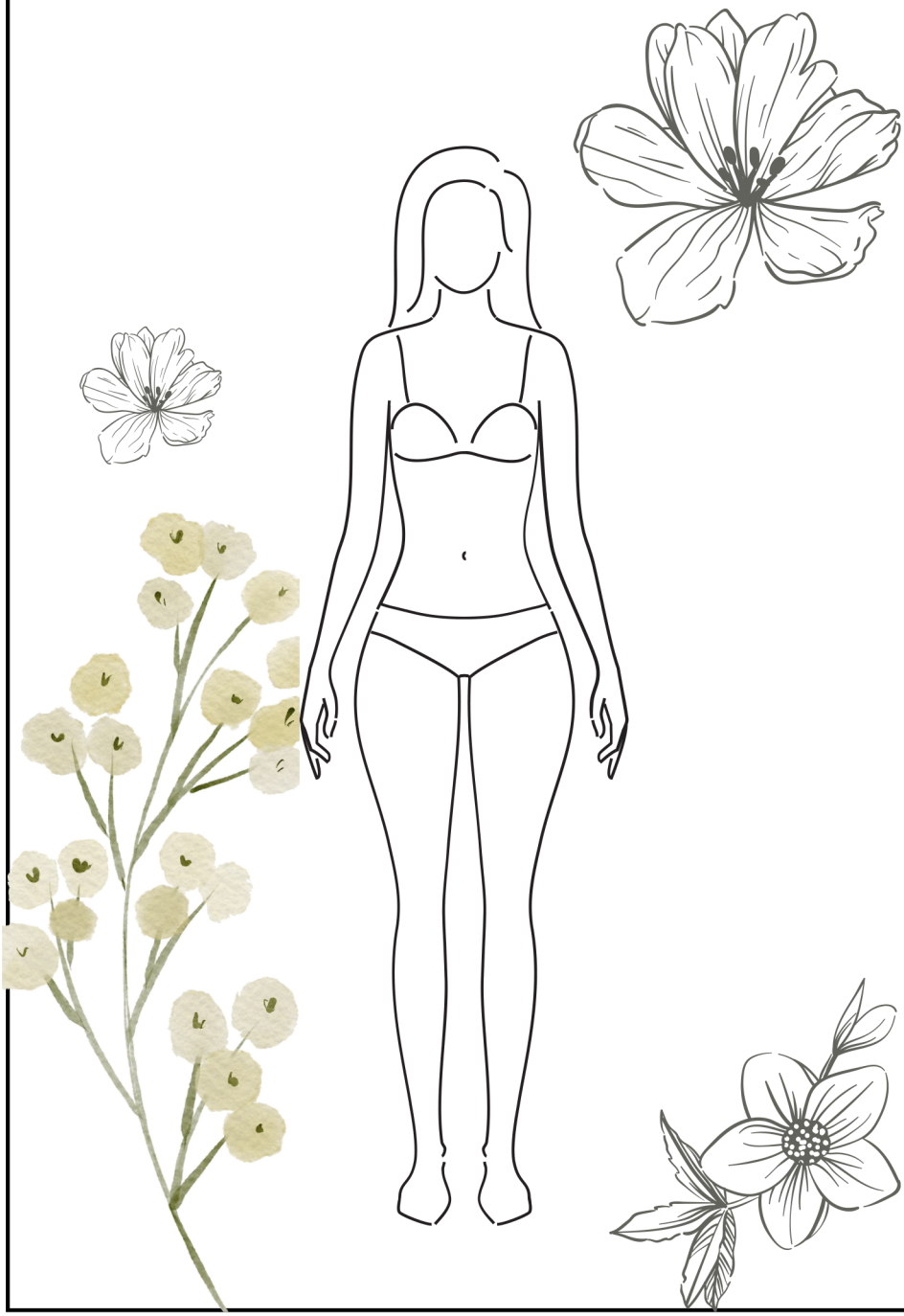
There are many fake body positivity accounts, so, if possible, seek opinions from others about these accounts to make a better judgment.

Some less beneficial accounts may feel relatable or comforting, but consider which part of You they are comforting. It is likely the part that resists improvement, the part that hinders You from truly living Your life.

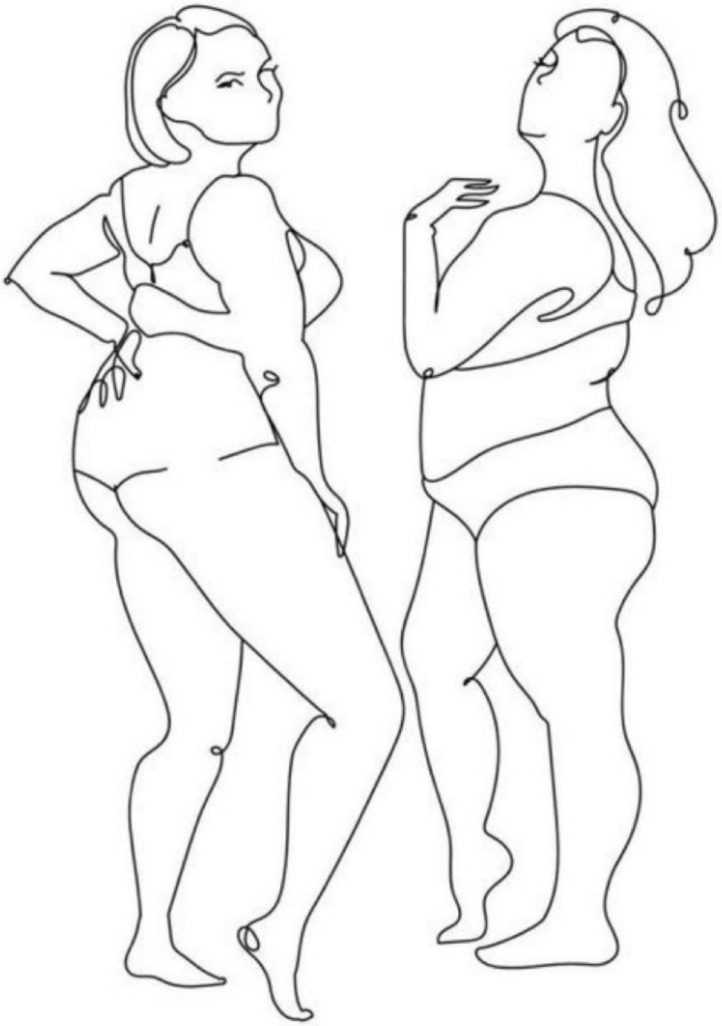
#true
#positive
#life

I am honest

I AM ENOUGH



I am confident



I am natural

I am supportive

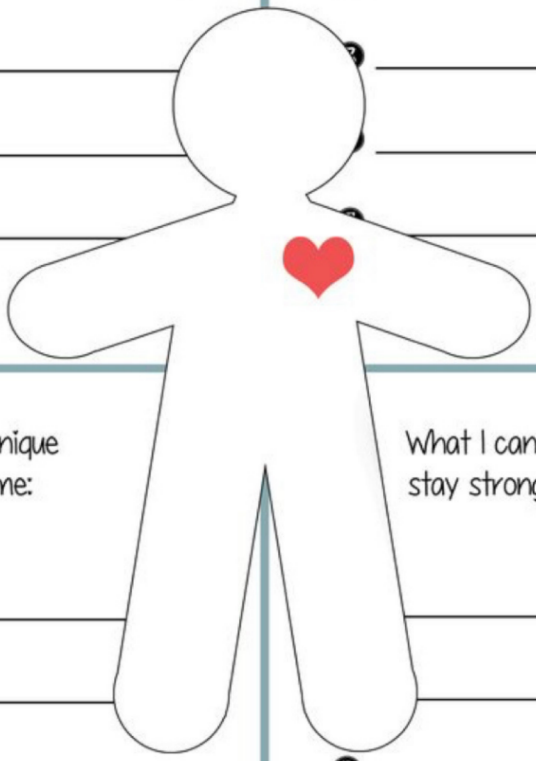
Supporting people with different bodies involves recognizing and valuing the unique diversity of human forms. Embrace and promote body positivity by challenging societal standards that define beauty narrowly. Celebrate all body types, acknowledging their strength, beauty, and capability. Offer genuine compliments, focusing on qualities beyond appearance. Provide inclusive environments where everyone feels comfortable and respected, whether in fitness, fashion, or social settings. Educate Yourself and others on the impact of body shaming and advocate for compassionate language. By fostering acceptance and understanding, we can create a society where everyone feels valued, confident, and empowered in their own skin.

What my body does for me:

1. _____
2. _____
3. _____
4. _____
5. _____

What I love about my body:

1. _____
2. _____
3. _____
4. _____
5. _____

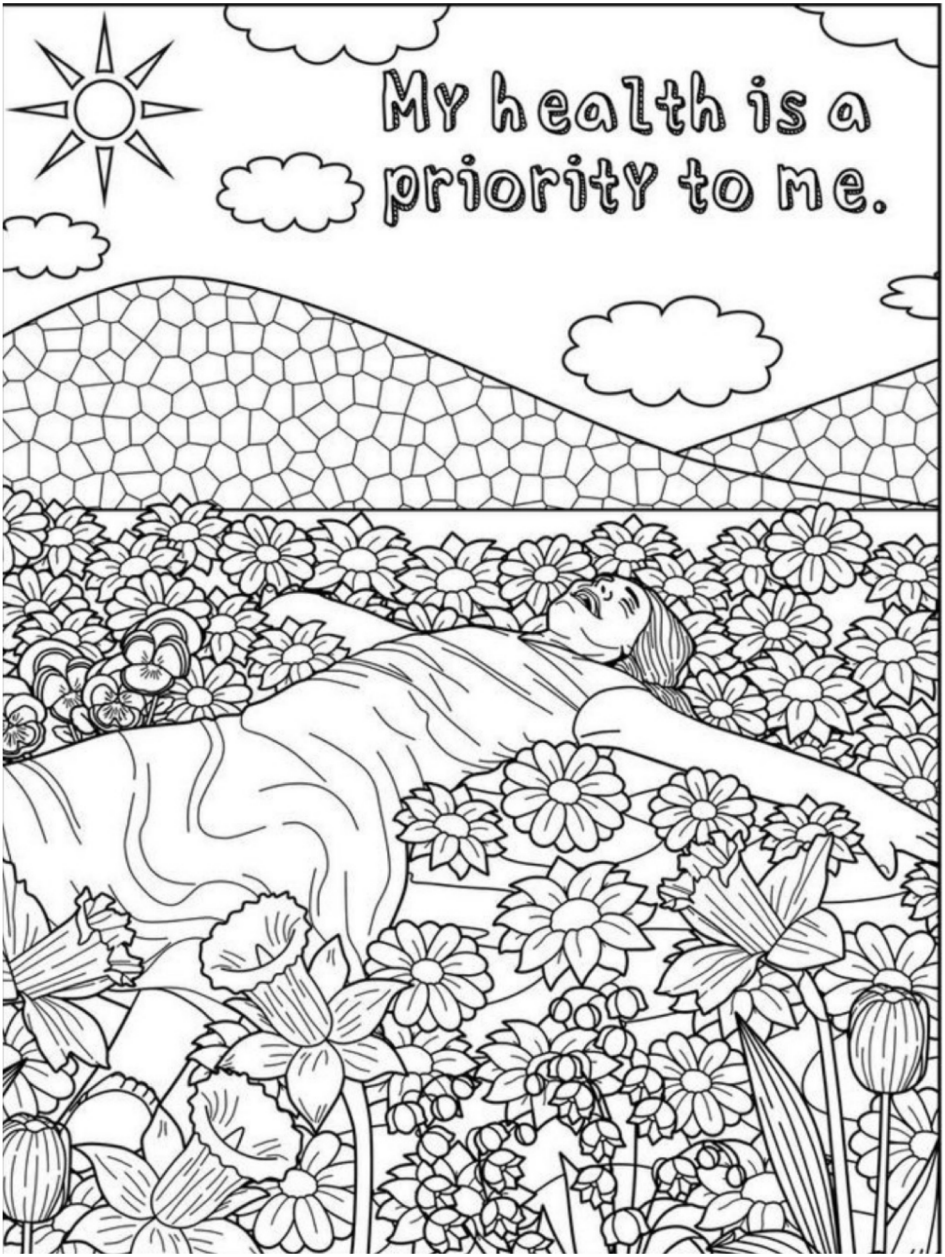


What's unique about me:

1. _____
2. _____
3. _____
4. _____
5. _____

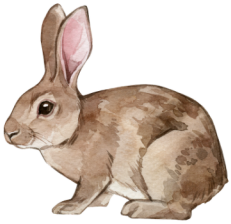
What I can do to help it stay strong and healthy:

1. _____
2. _____
3. _____
4. _____
5. _____


My health is a
priority to me.

Every day affirmations teaches the mind to accept different thoughts and believe in them, fastening the process of self acceptance.

Useful:



Positive quotes about body and mind relatioship that can be personalized and used as daily affirmations

"My body isn't my enemy and I'm not It's enemy - we are a team."

"My body is my life support, I have to support it to live life to the fullest"

"I am more than my body; I am a unique and valuable person."

"My body deserves love and respect."

"I embrace my body and all the amazing things it can do."

"I am grateful for my body and all it allows me to experience."

"I love and appreciate my body as it is right now."

"My worth is not determined by my appearance."

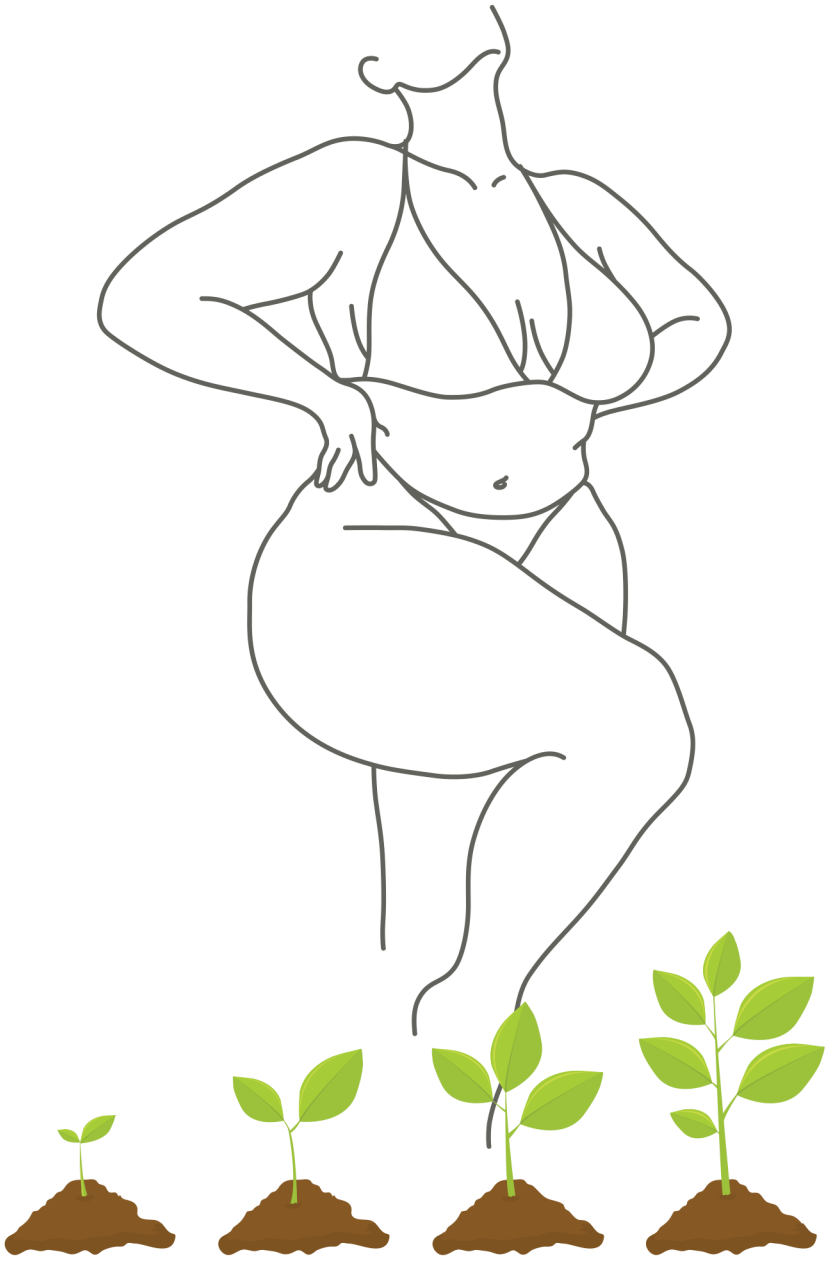
"I choose to focus on my positive qualities and strengths."

"Every body is beautiful, including mine."

"I am proud of what my body can achieve."

"I honor and celebrate my body for all it does for me."

I am friendly

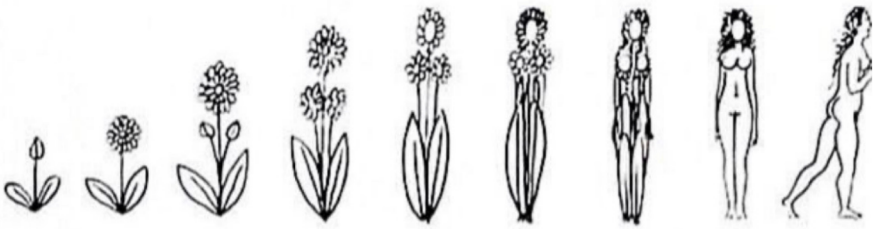


Excercise:

- Imagine You are Your body. Write letter for Yourself from its position. Express how it feels, goes trough, how it feels to be your body??? (Hi. Im writing with my last energy... I am a little bit confused- why You are starving me?... I try, I try to get energy from those energy drinks sugar free You are giving... I don`t understand why You hate me so much..
- Write letter back from Your position.

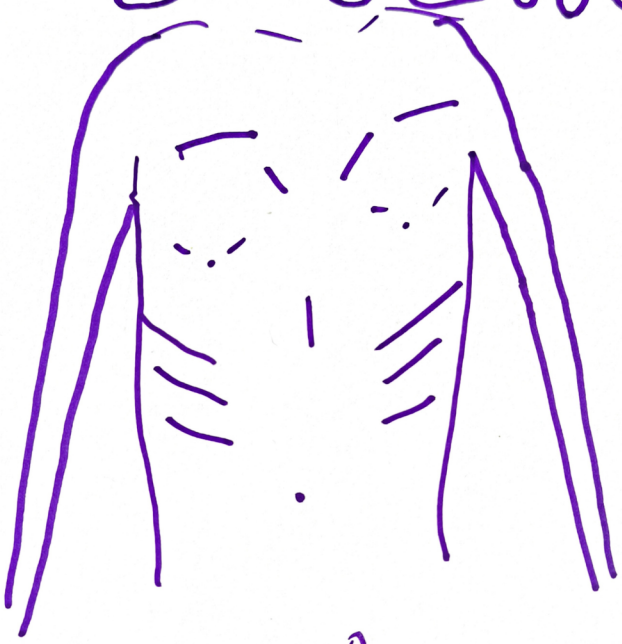
Reflection- How it was to listen how Your body feels? What You understood? How do You think, would You do something differently? What Would be a first step, how do You think? Can You do some daily routine or steps daily, to keep Your body happy?

We all have a bikini body

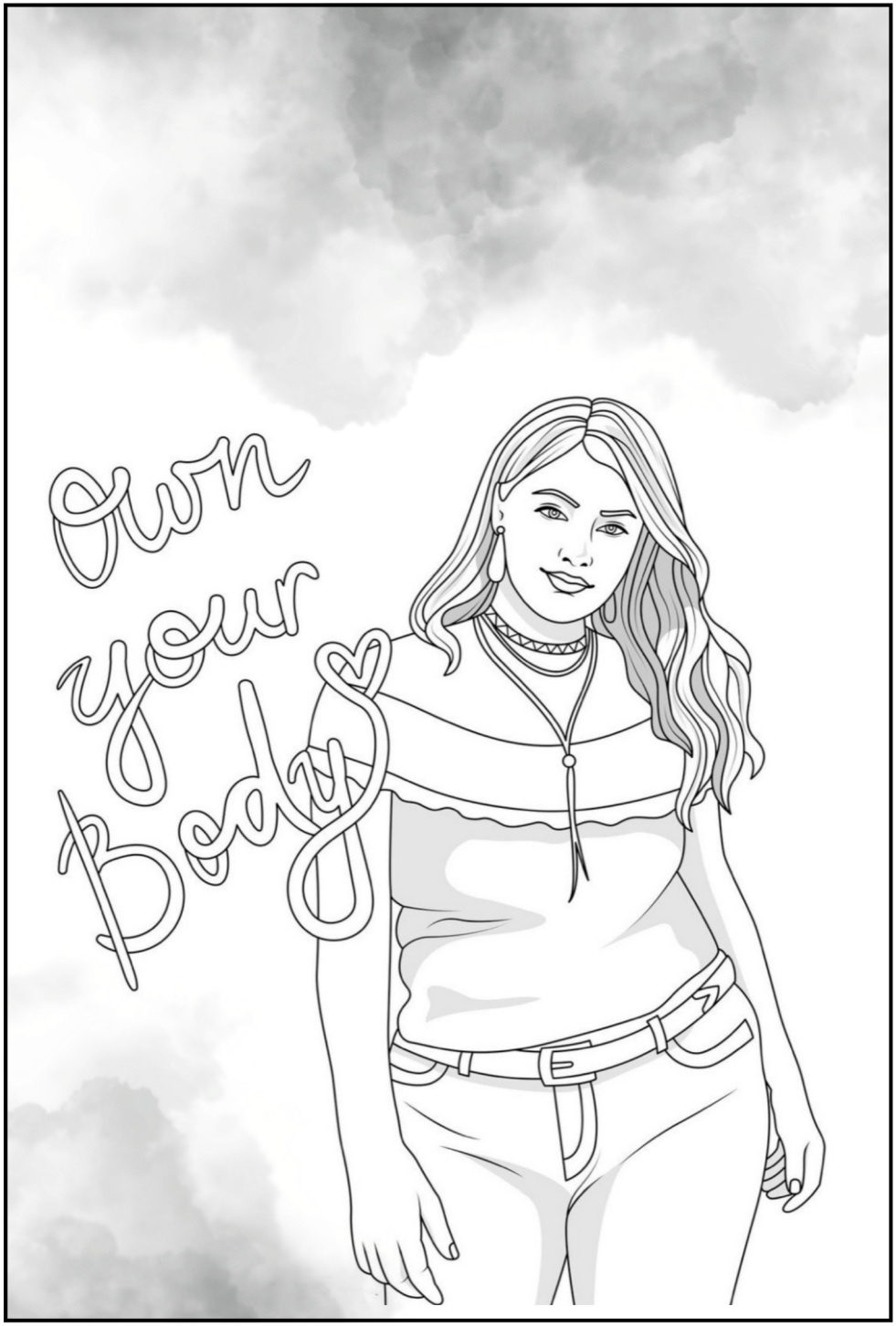


"and i said to my body. softly. 'i want to be your friend.' it took a long breath. and replied, 'i have been waiting my whole life for this.'"

NOT BEING MASCULINE



DOESN'T MAKE YOU WEAK!

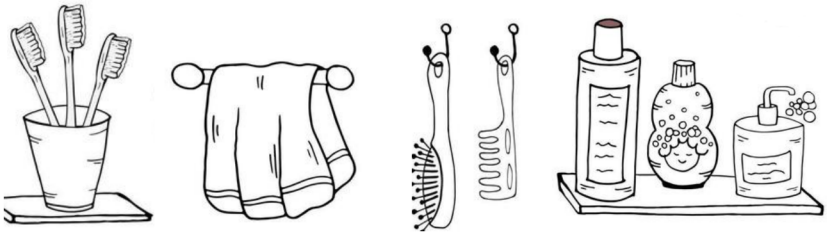

own
your
Body

YOU WILL NEVER HATE YOURSELF INTO LOVING YOURSELF

We are a part of nature that is born to live fully!

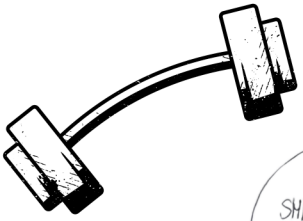
Remember

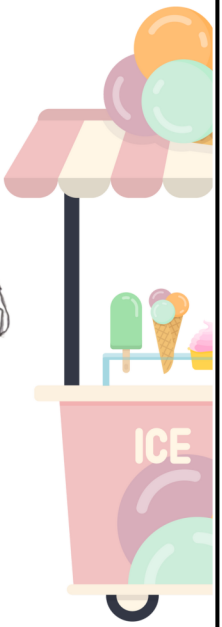
Take care of Your hygiene. Regardless of body size or shape, people who maintain good hygiene–such as taking showers, brushing their hair and teeth, and using deodorant–are always perceived more positively and are more pleasant to be around than those who don't. Even if health issues, whether mental or physical, make it difficult to maintain hygiene, do as much as You are able.



Prioritizing Your hygiene is essential for feeling better about Yourself, so focus on this aspect of Your well-being before worrying about Your body's appearance. Over time, good hygiene habits will become natural, and taking a break from obsessing over Your body will give You new resources to improve your perception and thinking.

The grass always seem greener for someone else, but is it?





I am able to enjoy the warm touch of the sun!

Science behind body image problems

Biogenetic structuralism suggests that body image perceptions develop in congruence with the central nervous systhem (CNS). Therefore, it is the organization of the CNS that determines the mental representations, or cognized environments, we create for ourselves and our surroundings.

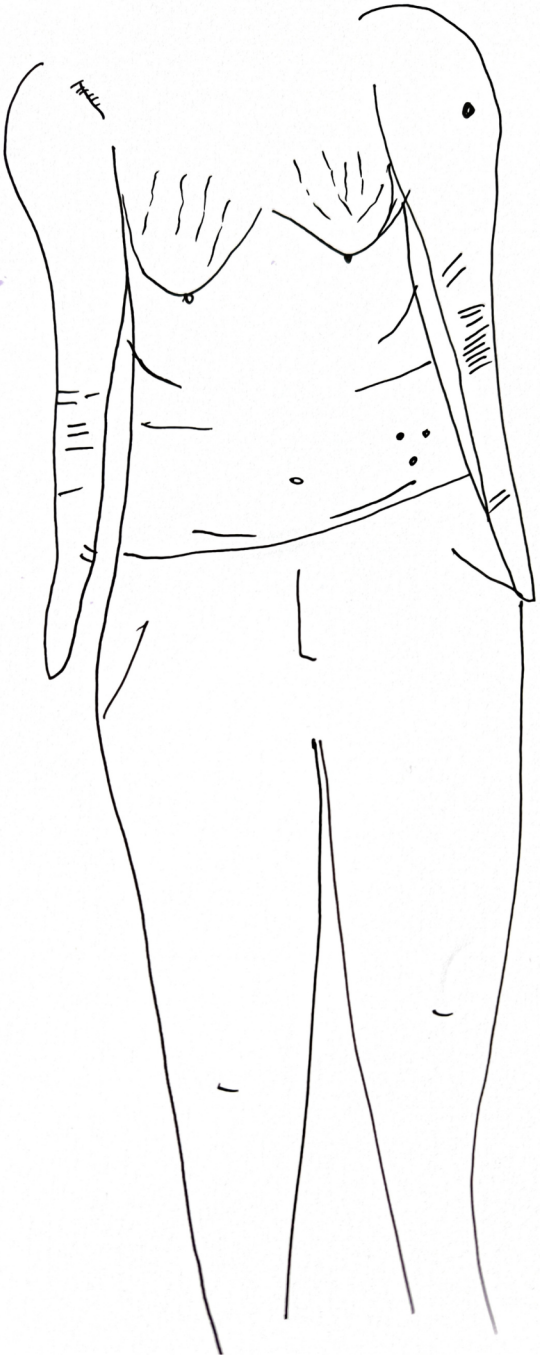
Cognized environments (e.g., body image) are shaped by a variety of internal (e.g., bodily sensations) and external (e.g., culture) factors, and they don't necessarily reflect reality. This means that our mental representations of our bodies can be made up of inaccurate body size and shape estimates.

For most people, body perceptions are fluid and updated frequently. Throughout the day we gather new, first person-oriented (e.g., egocentric) information about our bodies and store it in our short-term memory.

These daily notes, however, aren't what we think of when we are asked to describe our bodies.

Rather, when we think about our bodies, we draw on a more enduring construct, which we see in the third person (e.g., objectified). This objectified viewpoint is known as the allocentric perspective and it's stored in our autobiographical, long-term memory. To keep this mental representation up to date, we use the new information we gather about our bodies from the egocentric perspective.

According to allocentric lock theory, people with an eating disorders are unable to store new information about their bodies in their short-term memory. This means that their mental representations aren't updated and they continue to rely on outdated perceptions of themselves, despite possible changes (i.e., weight loss).

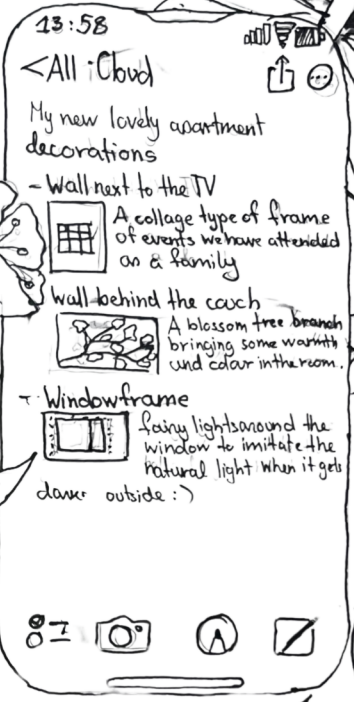


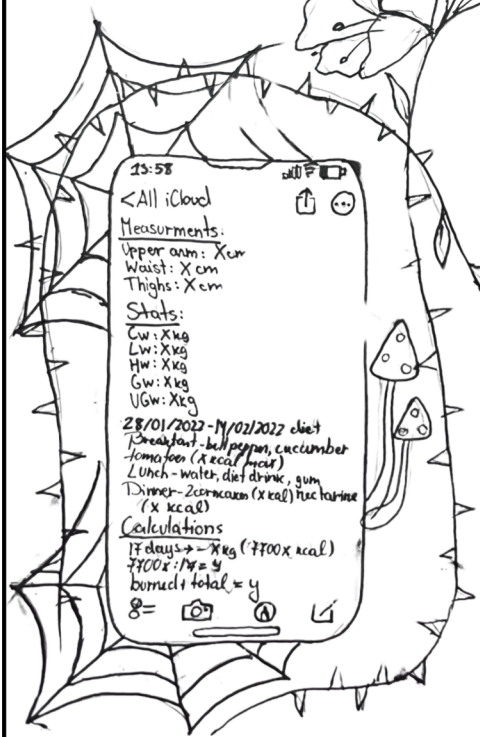
Exercise:

“My body’s story”

Make a collage as a timeline of things that Your body has done this far in Your life, things that You are grateful, those can be both mentally and physically achieved.
For example played volleyball or helped a friend or did really good on a test, but be specific.

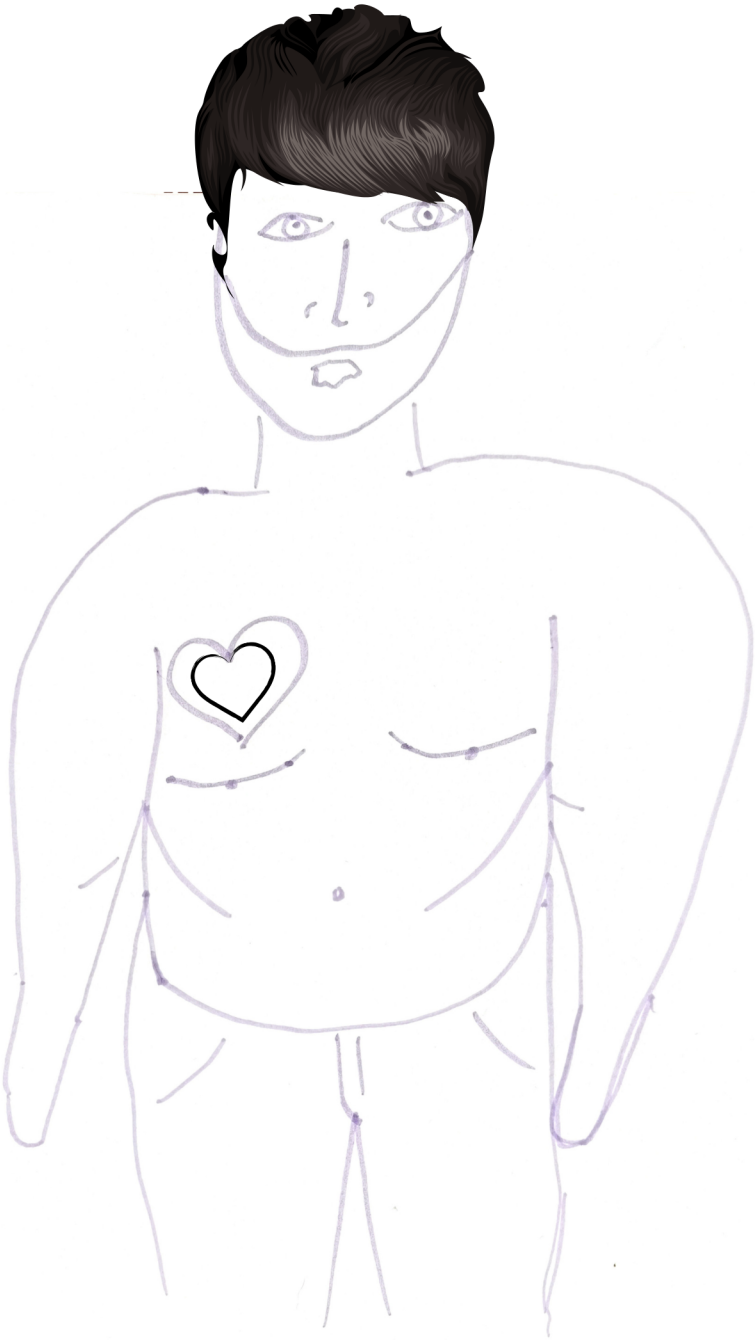
This is a good task to work on Your creativity, but if not then it can also be done by just writing in a journal. The material that You will have made will be really useful in harder times, when you will want to criticize and doubt Yourself, it will be as a reminder of how much You have already done and how much more Your body can still do. :)





Body acceptance clears up so much space for important, enjoyable things!

BIGGER ASS
NOT TO SHAME
ABOUT
TO BE
PROUD!



FOOD IS NUTRITION. THAT'S IT.

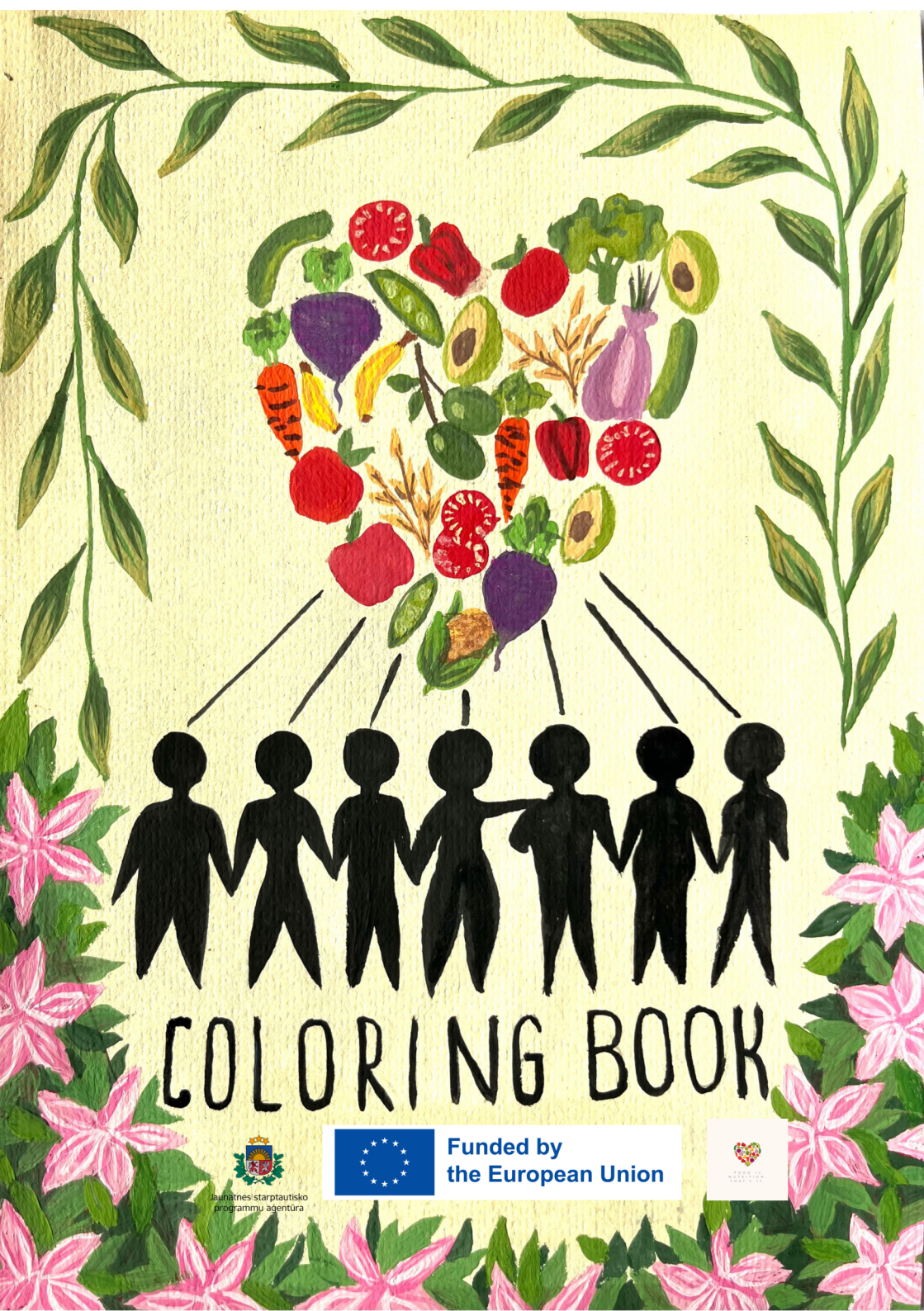
REMEMBER.
YOU ARE ENOUGH.
YOU ARE VALUE.
NO MATTER OF
BODY SHAPE,
BELIEVES,
STRENGHTS,
WEAKNESES-

YOU ARE ENOUGH.
ALL YOU DO-
COUNTS.

YOUR RIGHTS ARE
RIGHTS. YOU CAN
SAY NO,YOU CAN BE
PROUD OF
YOURSELF.

WE BELIVE IN YOU!

-"Food is nutrition.That's it."
Team



Jaunatnes starptautisko programmu aģentūra

Funded by the European Union