



Nutrition Group: Body Image

BALANCE eating disorder treatment center
Thursday, November 9, 2017



What is body image?

- “The way a person experiences their own embodiment (sense of being “in” the body)”

Evans, M & Sutherland, F. 2017.

- Thoughts
- Beliefs
- Perception
- Feelings
- Actions

- “Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind” National Eating Disorders Association, 2016.



Components of body image:

1. Body Appreciation

- a. Accepting body regardless of its size or bodily imperfections.
- b. Respecting and taking care of one's body by attending to its needs through health-promoting behaviors.
- c. Protecting one's body by refusing to listen to the unrealistic standards of beauty promoted by the media.

2. Positive rational acceptance

- a. Accepting a painful event and engaging in self-care and rational self-talk.

3. Body image flexibility

- b. Embracing rather than avoiding or changing body-related thoughts and feelings.



Components of body image continued:

4. Body functionality

- a. Recognizing and appreciating that our bodies have a variety of functions.

5. Attunement

- a. Ability to sense and respect the body by engaging in adaptive behaviors to attend to its needs.
 - i. *Body responsiveness* - aware of body's needs and letting these needs guide your behavior.

- ii. *Mindful self-care* - daily practice of being aware of the basic physiological and emotional needs of oneself.

6. Body pride

- a. A strong, positive, self-conscious emotion towards the body that results from engaging in valued behaviors or presenting with positive characteristics.



Components of body image continued:

7. **Positive & Self-accepting body talk**

Example: “It’s okay to love myself now as I continue to evolve”

8. **Body sanctification**

- a. Belief that body has spiritual significance and meaning therefore, it needs to be treated with respect

9. **Broad conceptualization of beauty**

- a. Ability to accept different appearances and styles while also indicating that beauty is reflected from inner positivity and confidence.

10. **Body acceptance by others**

- a. Occurs when individuals perceive that important people in their life accept their body size and shape.



Body image & intersecting constructs:

1. Health at every size (HAES)

- Weight inclusive for ALL bodies
- Goal is to improve the relationship to & with the body (not to change it).
- Principles:
 - Weight inclusivity
 - Health enhancement
 - Respectful care
 - Eating for well-being
 - Life-enhancing movements

2. Self-compassion

- Self-kindness
- Mindfulness
- Common humanity



Body image & intersecting constructs continued:

3. Values

- Instead of changing thoughts, feelings, memories, and events -- just accept “what is”.

4. Mindfulness

- Being aware of our thoughts, feelings, body sensations, and surrounding environment in that particular moment.

5. Somatic Approaches

- Embodiment = ability to “feel into the body”
- Aim = “be with” the experience rather than avoid, push away, or over identify

6. Feminism

- What does feminism have to do with body image?



Body image & intersecting constructs continued:

7. Body Trust

- Develop skills by building reliability, consistency, connection, willingness to lean into discomfort, willingness to be curious and experiment.

8. Intersectionality

- The way our body intersects with other things such as culture, ability, education, gender, sexual orientation, age, religion, etc.

9. Privilege Oppression

- “Body privilege”



Values assessment activity:

Directions:

1. Look at the list of values you've been provided.
2. Pick your Top 10 values
 - Narrow it down to Top 5 → Top 3
3. How do you think these values might support your path to body healing?



Developing self-compassion statements:

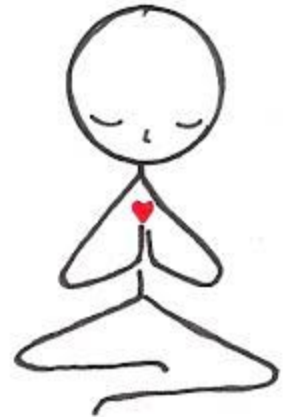
Discussion:

What words or phrases may invite self-compassion for you?

Examples:

“I am a good decent person”

“I am lovable and worthy”





Developing a Bliss List:

Close your eyes and think about the 5 things in life that come to mind when you hear the word bliss...

Bliss...



Intersectionality discussion:

Discussion:

How does intersectionality help with body image healing?



Sources:

Definition and Three Elements of Self Compassion | Kristin Neff. (n.d.). Retrieved November 07, 2017, from <http://self-compassion.org/the-three-elements-of-self-compassion-2/>

Evans, M., & Sutherland, F. (2017). *Body Image Workshop for Clinicians*.

My Bliss List. (2017, June 20). Retrieved November 07, 2017, from <https://marcird.com/blog/my-bliss-list/>

What is Body Image? (2016). Retrieved November 07, 2017, from <https://www.nationaleatingdisorders.org/what-body-image>

-End. Thank you!

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