

IF YOU REALLY SAW ME!

You Are More Than Just Your Body!

Your body does NOT define you!

Body Image:

- An inner view of your outer physical body
- How you see yourself when you look in the mirror

Self-Esteem:

- Confidence or satisfaction in one's own worth or abilities

Body Dysmorphia Disorder:

- A mental illness involving obsessive focus on a perceived flaw in appearance

-Depression & Anxiety

Do You See ME...

- Me Making fun of my appearance
- Me Comparing Appearances
- My repetitive touching, checking, or measuring
- Me Seeking reassurance from others
- My Excessive exercising

I See YOU!

- I can be a role model
- I will help build confidence
- I can relate to you
- Build rapport

Let's See EACH OTHER

- Focus on what the body can do rather than what it looks like
- Build love for your body
- Look inward & be your own inspiration

Let's ask OURSELF...

- When did you stop loving the way you look?
- What are 3 things you love about yourself?
- What are you doing today to better yourself for tomorrow?
- What defines you?

ACTIVITY:

- Create a gratitude list

"Don't sacrifice your future health for your current figure!" - Meaghan Ramsey