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# EMPOWHER TEENS

BEYOND YOUR BODY IMAGE

WRITTEN BY WHITNEY GEOGHEGAN

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# "THE MORE YOU LOVE YOURSELF, THE MORE YOU HAVE TO GIVE. WHICH MAKES YOU UNSELFISH"

**The more you love yourself the happier you become,  
which spreads more light into the world.**

**The more you love yourself the more likely you are to take better  
care of your health, which creates vitality and gives you the  
opportunity to be able to show up as your best self  
and in return be there for others .**

**The more you love yourself the more you create an example for  
others to follow.**

**The more you love yourself the better friend you be**

**The more you love yourself the more life feels joyful**

**The more you love yourself the more likely you are to follow your  
dreams and create a life you love.**

**The more you love yourself you can stand strong when things get  
heavy, hard or feel like they are falling apart. You have the  
capacity to deal with the tough moments in life.**

**The more you love yourself the more magnetic you become**

**The more you love yourself the more you flourish and thrive**



# THE BODY

## WHAT IS BODY IMAGE ?

Your body image is the part of your self-esteem that directly relates to your physical appearance.

There is more to your body image than just what you see when you look in the mirror.

There are four components that can contribute to either having a positive or negative body image.

1- How you see yourself.

2- How you feel about your body.

Do you accept your body, do you feel comfortable in your body and Are you confident in your body?

3- The way you think about your body – Positive or negative thoughts and your self-talk.

4- Behaviors in which you engage –For example punishing your body with excessive exercise VS moving your body with love.

# BODY IMAGE

???

HEALTHY VS UNHEALTHY?  
HEALTHY VS UNHEALTHY?  
HEALTHY VS UNHEALTHY?

LET'S GET CURIOUS...

## HEALTHY

Healthy body image is about feeling comfortable in your own skin

Feeling happy most of the time with the way you look.

Feeling good about yourself.

Valuing yourself by who you are, not by what you look like.

Accepting your body

Going about your daily life and not letting your body hold you back

Feels confident in their body

Does Not allow their moods to be determined by their body image

## UNHEALTHY

Unhealthy or negative body image is believing your body isn't good enough

Obsessive thoughts over the way your body looks

Always worrying about how much you weigh

Have an inaccurate perception of what your body looks like

Feeling like you're not pretty enough or skinny enough.

Believing that your looks determine your value as a person.

Fixating on trying to change your body shape.

Always comparing yourself to others

# THE BODY

- ♥ WHAT ARE SOME OF THE THINGS YOU TELL YOURSELF ABOUT YOUR BODY ?
- ♥ HOW DO YOU FEEL ABOUT YOUR OWN BODY IMAGE ?
- ♥ HOW CAN WE SPEAK TO OURSELVES TO SHOW MORE LOVE TO OUR BODY?
- ♥ WHAT'S ONE SMALL ACTION YOU CAN DO TO START LOVING AND ACCEPTING YOUR BODY?
- ♥ CAN YOU LIST SOME WAYS IN WHICH YOU CAN TREAT YOUR BODY WITH LOVE, KINDNESS, COMPASSION
- ♥ WHAT ARE SOME THINGS YOU CAN DO THAT WILL MAKE YOU FEEL GOOD IN YOUR BODY ?





# THE BODY

## MOVING YOUR BODY FROM A PLACE OF LOVE

**We only have one body and it is our vessel that allows us to experience life so why wouldn't we want to care for it and move it so that we can continue living and moving with ease.**

It is so beneficial and important especially when it comes to improving your health. It has so many benefits that have nothing to do with your weight or the body shape of your body, such as building strong bones and muscles, helping you sleep, creating good hormones which increases your overall mood and allowing you to have more energy.

Your intention behind exercise should be because you enjoy what you're doing, you want to move your body because you care about your health and it makes you feel good and brings a sense of joy.

# THE BODY

WHAT ARE SOME  
WAYS YOU CAN MOVE  
YOUR BODY THAT  
MAKES YOU FEEL  
GOOD?



# BODY IMAGE

## WHAT CAN INFLUENCE YOUR BODY IMAGE?

- Fitness industry
- Fashion Industry
- School
- Social Media
- Magazines
- TV
- MOVIE CHARACTERS
- TOYS
- FAMILY

Think of all of the magazines, tv ads, movies or social media (instagram, facebook) - you've seen over the last few months.

- Who is on the cover?
- What do they look like?
- Do most people look like this?
- What do the images tell us about our bodies?
- What have you been taught about how the female body should look ?

Ads and media in general lead us to believe that the images we see are real, that this is how these people look all the time.

## DID YOU KNOW ?

Models go through hours of makeup before a photoshoot and their pictures are altered afterwards on the computer to make the models look 'even more perfect'.

It takes hairdressers, stylists, lighting people, dress makers, make-up artists, assistant cameraman, wind machines and much more to achieve that 'oh so natural' look.

Actors who play superheroes in movies build up their muscles with training routines and supplements that can damage their health in the long term.

There are filters, photoshop, airbrush, editing apps, fake poses.that go on behind the scene that we don't see

An average of 400 photos will get taken before the perfect shot is taken

# BODY IMAGE

HOW DO NATURAL BODIES LOOK ?  
CAN YOU LIST SOME OF THE FEATURES NATURAL BODIES HAVE ?  
WHAT DIFFERENT SHAPES AND SIZES DO BODIES COME IN ?



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# THE BODY

BODY IMAGE  
BODY IMAGE  
BODY IMAGE

## **You are more than a body -**

**Your body is just that: a body. You have so many more important qualities, features and talents that have nothing to do with your appearance**

## **ACTIVITY -**

**What are three positive words your friends or family would use to describe your personality ?**



**List three quirky things about you ?**



**List three things you love to do ?**



# THE BODY

## ACTIVITY:

### WRITE YOUR OWN BODY BIOGRAPHY



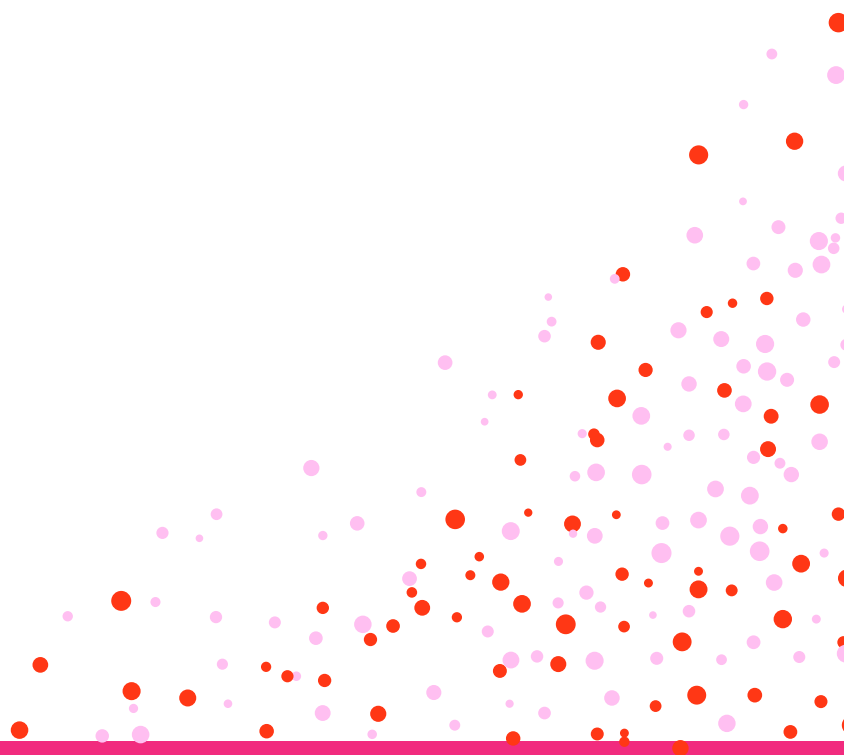
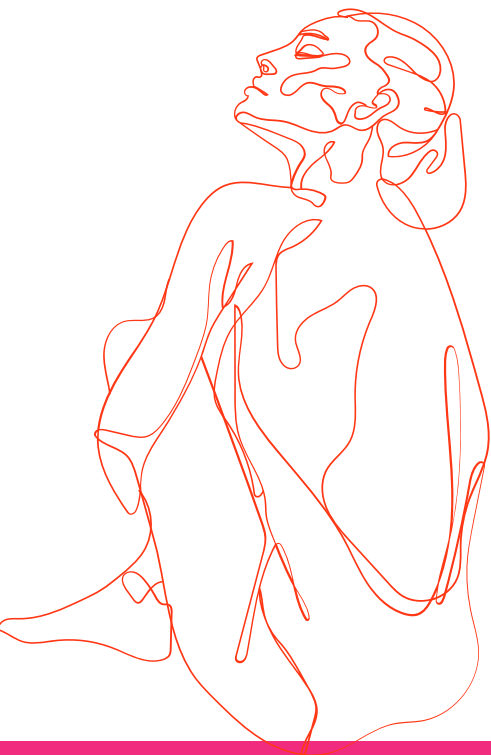
WHAT ARE ALL THE AMAZING THINGS YOUR BODY HAS ALLOWED YOU TO DO AND EXPERIENCE ?



WHAT ARE SOME OF THE MOST AMAZING MEMORIES YOUR BODY HAS ALLOWED YOU TO CREATE?



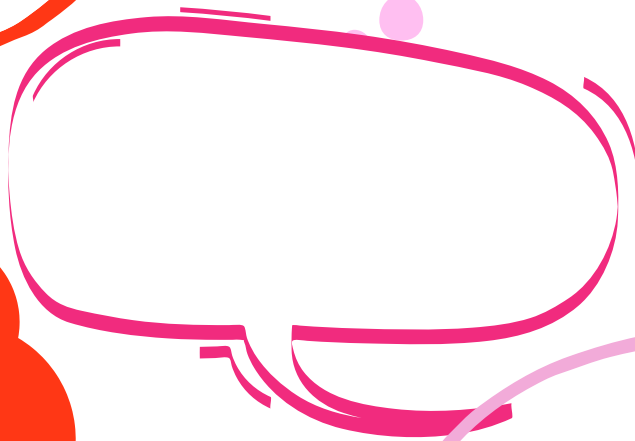
HOW DID YOU FEEL IN THAT MOMENT ?



# THE BODY “PHYSICAL APPEARANCE BASED COMPLIMENTS”

**What are some ways you can compliment someone that has nothing to do with their physical appearance ?**

You can still compliment another woman but why not make it about her uniqueness, attitude, humour, kindness, talents, intelligence, intuition, energy or her vibe



# THE BODY “PHYSICAL APPEARANCE BASED COMPLIMENTS”

## 20 THINGS TO COMPLIMENT SOMEONE ON OTHER THAN APPEARANCE:

1. You're a strong person. I admire your resiliency in the face of everything you've been through.
2. You are so artistic. I love your creativity and ability to create such beautiful things.
3. You're one of those people with an energy that draws other people in. I'm always happy when I'm around you!
4. You have the best sense of humor. I'm always laughing when you're around!
5. You're such a good friend. I appreciate you always being there for me.
6. I love how passionate you are about the things you care about. You're going to make the world a better place.
7. You are so smart. I've learned so much by being friends with you.
8. You are such a great leader. I appreciate how you bring everyone together in a project, tap into their individual strengths and keep everyone motivated.
9. You're such a good listener. Thanks for always being there when I need someone to talk to.
10. You are so organized! Collaborating with you I'm always on track.
11. I love how optimistic you are. When I'm feeling down, I know I can turn to you.
12. I admire your independence. You're not afraid to pave your own path and speak your mind.
13. The world would be a better place if everyone had an ounce of your compassion.
14. You're such an easy person to talk to. I always feel at ease in your presence.
15. I admire and appreciate how open-minded you are.
16. You are such a generous person, and always so thoughtful with your gifts.
17. You are so talented at what you do. I know you may not get the praise you deserve, but I see your talent.
18. You are such a genuine person. I always appreciate your honesty.
19. You are empowering. Whenever I'm around you, I feel like I can conquer the world.
20. I love how down to earth you are. I always feel like I can be myself around you.

# THE BODY

## HOW TO DEAL WITH DAYS WHERE YOU ARE STRUGGLING WITH YOUR BODY IMAGE

### STEP 1: Is understanding what is making you feel bad about your body ?

Are you tired or emotional  
Are you scrolling on social media and comparing yourself to others  
Have your friends been talking about weight loss and dieting or engaging in body talk  
Are you low on energy ?  
Is something big going on in your life ?

### STEP 2 -

Ask How are you really feeling ?  
What emotions are you feeling ?

-

StEP 3-

WHAT DO YOU NEED ?

- To have a nap
- To exercise or go for a walk
- A big Hug
- A big cry

### STEP 3 -

Don't try and fight it - instead meet yourself with love BE EXTRA KIND AND COMPASSIONATE TO YOURSELF

### STEP 4 -

CHOOSE TO TAKE A DIFFERENT ACTION.

Leave the house !!!!  
Go for a swim  
Breath  
Get out in nature  
Call a friend and talk about it  
Get off social media  
Go for a walk  
□Read a book  
Journal how your actually feeling and see what it is you really need  
Connection - get a hug, a massage, go for coffee with a friend, surround yourself with love  
use essential oils  
run yourself a bath or show  
Get creative  
make a cake for someone  
Come back to gratitude for your body.

REMEMBER THIS TOO  
SHALL PASS AND  
TOMORROW IS A BRAND  
NEW DAY

**PUBLISHER AND AUTHOR: WHITNEY GEOGHEGAN**

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**REFERENCE LIST -**

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