

<b>Session</b>	<b>Body Image and Mental Health</b>
<b>Background Information</b>	Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses what you believe about your own appearance, how you feel about your body, including your height, shape and weight. A negative body image is when you feel ashamed and self-conscious, and anxious about your body. Whereas a positive body image is a clear, true perception of your shape – you see the various parts of your body as they really are. The key to developing body image is to recognise and respect our natural shape and learn to overpower those negative thoughts and feelings with positive and affirming ones.
<b>Aim</b>	To provide an introduction to body image and its impact on mental health
<b>Objectives</b>	<p><b>Participants will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Discuss some of the commonly held misconceptions surrounding body image</li> <li>2. Explain what the term body image means</li> <li>3. Discuss what can cause a negative body image</li> <li>4. Describe the impact a negative body image can have on mental health</li> <li>5. Discuss ways to promote a positive body image</li> <li>6. List resources to promote, protect and support mental health and wellbeing</li> </ol>
<b>Duration</b>	<ul style="list-style-type: none"> <li>• 1.5 hours</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>• IT</li> <li>• Presentation</li> <li>• Quiz</li> <li>• Session handouts</li> <li>• Reflective practice tool</li> </ul>

Learning outcomes	Participant Activity	Resources	Time
1. Discuss some of the commonly held misconceptions surrounding body image	Myth buster	Quiz	10 min
2. Explain what the term body image means	Definition	Flipchart/ pens Slide	10 min
3. Discuss what can cause a negative body image	Causes of negative body image	Flipchart/ pens Slide	15 min
3. Describe the impact a negative body image can have on mental health	Impact on mental health	Flipchart/ pens Slide	15 min
4. Discuss ways to promote a positive body image	Body map	Flipchart/ pens Slide	20 min
5. List resources to promote, protect and support mental health and wellbeing	None	Mental health resources handout	5 min
6. Looking after our own mental health	Self-care	Slide	5 min
7. Reflection and session close	Reflection	Reflective practice handout	5 min

# Body Image and Mental Health

## Facilitator notes

Slide	Notes	Time	Resources
Slide 1	<p>Welcome participants and introduce yourself before offering an overview of the session. Have the title slide up and visible whilst doing this.</p> <p>Emphasise that the session today is an introduction to body image and the impact it can have on mental health. Body image is a complex issue however by raising awareness it can help promote understanding. It is not intended to make participants experts on body image and mental health.</p>	5 min	Slides
Slide 2	Put up the session overview slide and read out what will be covered today.		
Activity	<p><b>Body Image Quiz</b></p> <p>Let's start with looking at some of the myths that surround body image.</p> <p>Distribute the body quiz to participants. This can be done on an individual basis or as group. Ask participants to complete the quiz, true or false. This is a good starting point and gives an insight into the participants' knowledge and attitudes to body image</p> <p>Once completed, go through each of the questions to generate discussion. Use the supporting statements to provide the correct answers and information.</p> <p><b>Discussion point:</b> are there any surprises? Share that this activity helps challenge some of the myths associated with body image.</p>	10 min  (5 min activity, 5 min feedback)	Quiz
Group Activity & Slide 3	<p><b>What is body image?</b></p> <p>Now we are going to explore what we mean by body image. How would we describe/define body image.</p> <p>Divide the participants into groups and provide flipchart and pens.</p> <p>Invite the groups to discuss what body image means to them and how they would describe/define it. As a collective, the group have to agree a definition/statement of body image.</p> <p>Invite the groups to feedback their definition/statement. Bring up the definition slide. Make reference to any similarities that groups may have with the definition.</p> <p><b>Discussion point:</b> highlight a positive body image is when we have a clear, true perception of our shape and embrace this, however a negative body image can leave us feeling ashamed and self-conscious and have a significant impact on our mental health and wellbeing and we will explore this during the session.</p>	15 min  (10 min activity, 5 min feedback)	Flipchart/pens  Slide

Slide	Notes	Time	Resources
Slide 4	<p><b>Statistics</b></p> <p>The purpose of the statistic section is to help build a picture of the scale of the problem relating to body image. The information is taken from a report called The Body Confidence Campaign Progress report 2015 produced by the Government Equalities Office.</p> <p>Inform the participants we are going to look at some of the statistics relating to body image. Read the information off the slide.</p> <p><b>Discussion point:</b> once you have read off the information ask the participants what their thoughts and views are on the statistics, are they alarmed by them or did they expect worse? Don't go into detail, this is merely to help paint a picture of the scale of the challenge in relation to poor body image, that it is a public health concern and a contributory factor in poor mental health and wellbeing.</p>	5 min	Slide
Activity & Slide 5	<p><b>What can cause a negative body image?</b></p> <p>We have looked at some of the myths, what we mean by body image, the statistics and this part of the session will explore what can cause a negative body image.</p> <p>Divide the participants into groups and provide flipchart and pens.</p> <p>Invite the groups to draw an outline of the body and to think about, discuss and write down what they think can cause people to have a negative body image.</p> <p>Once completed, take feedback from each group, one/two examples for each group.</p> <p>Bring up the slide to highlight some examples of what can cause a negative body image, make comparisons to what the groups have come up with. Highlight that the list is not exhaustive.</p> <p>Conclude that this exercise demonstrates the breadth of factors that can cause a negative body image. It may not just be one but a combination of factors that can cause it.</p>	15 min  (10 activity, 5 min feedback)	Flipchart/ pens Slide
Activity & Slide 6	<p><b>The impact a negative body image can have on mental health?</b></p> <p>Keep the participants in their groups and provide more flipchart.</p> <p>We have looked at what can cause a negative body image and now we are going to consider the impact having a negative body image can have on mental health.</p> <p>Invite the groups to think, discuss and write down what they think the impact on mental health can be.</p> <p>Take feedback from the groups, one/two examples from each.</p> <p>Bring up the slide to highlight some examples of the impact on mental health making comparisons to what the groups have written.</p> <p>Highlight the list is not exhaustive and these are only some examples.</p>	15 min  (10 min activity, 5 min feedback)	Flipchart/ pen Slide

Slide	Notes	Time	Resources
<b>Activity &amp; Slide 7/8</b>	<p><b>Promoting a positive body image</b></p> <p>Keep participants in their groups and provide flipchart.</p> <p>We have looked at what body image is, what can cause a negative body image and how this can impact on mental health and now we are going to look at how we promote a positive body image.</p> <p>Invite the groups to consider and write down things that we can do to promote a positive body image, for example keeping fit and healthy with exercise and a balanced diet.</p> <p>Take feedback from each group, one/two examples from each. Bring up the slide to highlight examples of what we can do to promote a positive body image making comparisons to what the groups have identified.</p> <p>Highlight these are some examples and the list is not exhaustive.</p> <p>Circulate the mental health resources handout (child/youth or adult), highlight these are general resources/supports that can be sourced to support mental health.</p> <p><b>Discussion point:</b> are there any local resources that participants would like to share?</p> <p>Conclude that we all access different modes of support for our mental health. This can include self help through websites, reading, accessing group, 1 to 1 or telephone supports, taking to a supportive friend, colleague, family member.</p>	<p>15 min</p> <p>(10 min activity, 5 min feedback)</p>	<p>Flipchart/ pen</p> <p>Slide</p> <p>Mental Health Resources handout (CYP or Adult)</p>
<b>Activity &amp; Slide 9</b>	Remind the participants of the importance of looking after their own mental health and provide a self-care activity	5 min	Slide
<b>Session Close</b>	Thank the participants for their time and ask them to complete the reflective practice tool.	5 min	Reflective practice handout



## Body Image Quiz

### True or false statements

*(please circle)*

1. Having a good body image means thinking that you are beautiful	True/False
2. Body image affects females only	True/False
3. Body image only affects young people	True/False
4. Body image is linked to self-esteem	True/False
5. Social media can impact on body image	True/False

## Body Image Quiz Answers

1. <b>Having a good body image means thinking that you are beautiful</b>	<b>False</b> You are welcome to think this however body image is more about appreciating your body for what it is and what it does.
2. <b>Body image affects females only</b>	<b>False</b> Men and boys are affected too. Less so than women but still at a significant level.
3. <b>Body image only affects young people</b>	<b>False</b> Findings have shown that a woman's body satisfaction does not improve as they move towards and into midlife.
4. <b>Body image is linked to self-esteem</b>	<b>True</b> Positive body image is linked to self-esteem. Self-esteem is about how much you feel you are worth and how much you feel other people value you.
5. <b>Social media can impact on body image</b>	<b>True</b> The rise of social media now plays a central role in our lives. It influences body image and perception of beauty, exposing us to certain beauty standards and ways to look.