

HLTH 1100:
(M10) B/I: Body Positivity or Body Obsession? Learning to See More Worksheet

After viewing the TEDX talk by Lindsay Kite, Ph.D., complete the worksheet and offer your personal reflections:

1. Why did the TEDX speaker, Lindsay Kite quit swimming?
Because she thought that she didn't look good in a swimsuit
2. What is the goal of Beauty Redefined?
To help people see that they have more worth rather than just how they look
3. Complete this sentence: Positive body image isn't believing your body looks good, it's knowing your body is good regardless of how it looks
4. Describe self-objectification:

It is when you see your body as something to be looked at

5. What is the Mantra of Beauty Redefined?
My body is an instrument, Not an ornament
6. What are three possible paths when an individual experiences a body disruption?
 - a. fixation
 - b. avoidance
 - c. resilience
7. Reflect on what you have learned about Body Resilience. Identify at least three things that you can do to improve the way you think about your body.
This was an interesting talk because it approached body positivity in a completely different way. Instead of telling you to love yourself the way you are, it shows you that you are worth more than just what you look like. I think that I am going to try to focus on other things about me rather than my looks to give me worth, not worry so much about what other people think how I look, and try to find things in others to admire that go deeper than just the outside things that you see first.