



The Physical/Biological Self Featuring: Exploring my Body Image and 3Ws

(WELLNESS, WELLBEING AND WHOLENESS)

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SECTION: C AGE: 21 GENDER: MALE



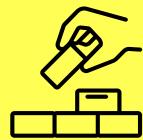
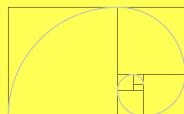


Questions



1. When you look in the mirror or when you walk past a shop window and catch a glimpse of your body, what do you notice first? Explain your answer.

• When I walk past a shop window, most of the time I notice my face and hair first. I'm a person who is very conscious about how I look, and the first thing I try to check if there is something wrong with my face or the way my hair is fixed.



2. What three (3) words can best describe your body? Why do you consider each your best?

- Proportioned * Lucky for me, I possess a properly proportional body. I don't have body parts that are too long or too short, which makes my body asymmetrical.

- Average * I'm not that tall, not small, not thin, not buff. Being average fits the very description of my body.

- Built * What I mean by this is that the muscles and other parts of my body are not big but well-defined.

3. List down your (3) physical traits or body parts that you like BEST or/and would like to flaunt. Why do you like them best?

My best physical traits/body parts...

- JAWLINE
- BROAD SHOULDERS
- HAIR

I like this body part/physical trait because...

* One of my best physical traits is my jawline. I like this body part because it exudes masculinity, and it is one of the few desirable traits that I possess, which some people would like to have.

* Another physical trait of mine that I love is my broad shoulders. Again, I like this body part because it represents masculinity, and as a guy that rarely works out, having broad shoulders gives me an advantage in looking buff without doing anything.

* Thirdly, another physical trait that I love about myself is my hair. What I like about this body part is that it is very low maintenance. One thing I notice about males my age is that they spend a lot of money when it comes to hair products; having straight hair is advantageous because it doesn't require much to maintain.



Questions

4.

What (3) body parts or physical traits that you like the least or don't like at all or you think need enhancement? Why?

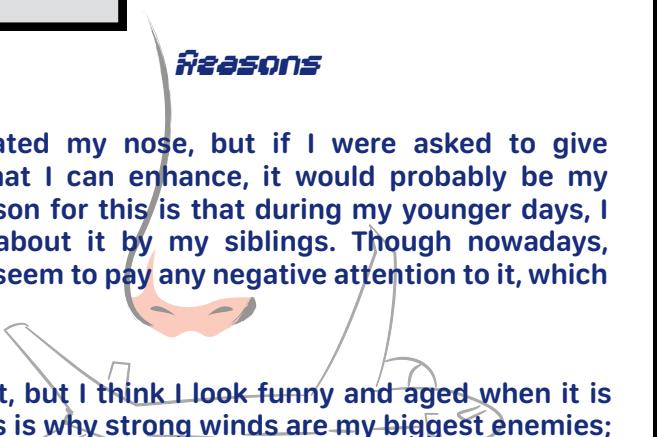
Least liked body parts/physical trait or you need to enhance

- Nose
- Forehead
- Bad Eyesight



Reasons

I've never hated my nose, but if I were asked to give something that I can enhance, it would probably be my nose. My reason for this is that during my younger days, I was teased about it by my siblings. Though nowadays, people don't seem to pay any negative attention to it, which is good.



I don't hate it, but I think I look funny and aged when it is exposed. This is why strong winds are my biggest enemies; they expose my large forehead to the rest of the world.

Ever since, I've always thought that my bad vision was a form of restriction. It restricted them from doing a lot of things without glasses. I also like my look better without my glasses. It prohibits me from doing stuff like sports without the need to put on corrective lenses like glasses and contacts.

5.

Are others' opinion about your appearance important for you? Why?

VERY MUCH



A LITTLE

I DON'T CARE

SOMETIMES

NOT AT ALL

I believe it has a lot of impact on me during my younger years, but nowadays, it would probably just give me something to think about for a few minutes, then afterwards I'll just be moving on with my day. But I can't really say that it has zero impact on me, it does, but we can say that it is very negligible.

Are others' opinion about your appearance important for you? Why?

parents

friends

just myself

boyfriend/girlfriend

siblings

classmates

social media

media ads/fashion magazines

teachers/mentors

health news

models/actors/athletes



Questions



6. Is your look important in the way you experience happiness? Why and how?

I believe it certainly plays a big role in my happiness. My reasoning for this is simple: when I try to look good and fail miserably, that impacts my happiness for sure. For example, when I get a bad haircut, it results in me being in a bad mood for a while. A haircut is an integral part of your appearance, so in my case, it will make me sad when it doesn't look good. As a person who is conscious of the way I look, I tend to check myself out in the mirror frequently. Given this, there is an effect on me if there is something wrong with my appearance. This is why when I play sports, I rarely get too physical to avoid things that might impact me the wrong way when it comes to looks.



7. Does your appearance affect your relationship and communication with others? Why and how?

I believe it certainly does affect my relationship with others. Let's be honest, we live in a world that doesn't totally rely on skills; a person's looks may have a bigger impact on the opportunities that they get in life. The same goes for me, I had an acting stint because I was selected from our varsity team, I wasn't the best player when it comes to skills, I'm not even the best actor. I got in because the director thought that my appearance was fitting of the role. Additionally, I think respect is sometimes earned with your appearance. In my case, I think I come off as someone who can defend themselves when it comes to some form of altercation; this fear factor is important when it comes to generating respect from a person.

8. What and who for you is a person who has wellness? wellbeing? and wholeness?

A person who is composed of the three W's is happy with their traits, skills, and innate abilities. You as a person will have a balance mentally, spiritually, and physically if you continuously work on yourself while not trying to attain things you do not possess now. Someone with the three W's is not jealous, not someone who continuously compares themselves, which results in negative implications. Learning to be content and happy with your current self is the first step towards feeling well and attaining wholeness. For me, the people who have mastered the art of the three W's are fitness influencers and people who do inspirational talks. They have reached the level at which they can positively affirm not just themselves but also other people. The reason for this is that they are reassured that they are enough.



Questions

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What for you are the top 3 issues or concerns that the adolescent millenials experience or encounter concerning one's body image and the 3 Ws (Wellness, Wellbeing and Wholeness?

I believe the first most prominent issue when it comes to body image nowadays is the unrealistic standards that social media and other forms of entertainment have set for this generation. Social media has influencers that we all follow, people with traits and skills that seem too good to be true. It is okay for them to possess these characteristics, but the problem is how they push the narrative that this should be the goal of the general population. As a result, this generation tends to push themselves over and beyond for something that is unattainable. Secondly, I believe that there is a problem with the culture of each country in general. A great example is Filipino culture, where criticism among relatives is normalized to the point that it can be labeled as bullying and shaming of someone related by blood (Candy Magazine, 2017). Finally, there is a problem when it comes to how we deal with body shaming in general. We often create band-aid solutions instead of long-term ones that will help the generations to come. What I mean by this is, we often provide fixes that can only help temporarily, not long-term. We try to create some narratives that we accept certain types of people, but we don't make it a point to normalize it in actual encounters.

10

What self-care actions can you do now to enhance your Physical/Biological Self and your 3Ws? What hinders you from actualizing your best self?

I certainly believe that all people, when motivated, can reach their biological goals. I think it is important to stay consistent when it comes to what you want to achieve. I am currently on a program that will help me attain my dream body, but I do believe that I am still lacking in some departments. Consistency is the thing that I must work on; I must be consistent enough to have my workouts three times a week and stuff like that. Additionally, working on my diet will be beneficial when it comes to helping me achieve my goals. I should integrate the important nutrients to make myself healthier. In my opinion, the thing that hinders me most from actualization is my mindset. I have a "bukas nalang" mindset when it comes to my physical aspirations. When I'm feeling lazy, I often just do the task tomorrow, then don't do it at all. As a result, I make no progress at all. I should have more mental resilience when it comes to this, I should fight the urge of not integrating a workout into my weekly routine.

Questions

11. Complete the following statements

I love my body
because it lets me ...



Do all the things
that I want to do.
May it be physically,
mentally, and
emotionally, I know
that I can always
keep up because my
body allows me to.

I dislike my body
when ...



When I get ill. As a
person who was
frequently
hospitalized in my
younger years, it's
frustrating for me
to get sick because
it restricts me from
doing my tasks for
the day.

I feel good when
others tell me that ...



I am physically
adept. As a person
who tries his best
when it comes to
sports, it is extra
special to hear a
compliment on my
skills when it comes
to sports.

I feel physically weak
when ...



I haven't eaten yet. I
am a person who
likes eating, and
when you take it
away, I feel that I am
at my weakest.

Questions

I feel whole and well
when ... X

When I am with my family and friends. I feel complete when I spend time with them; even the simplest activities are enjoyable when I have them around.

Others tell me that I look good because or when... X

When I take my time to prepare. In my opinion, most of a person's appeal is rooted in how they dress and present themselves. I am no different; when it is a good day, I try to dress the best.

I am beautiful/handsome
because ... X

My family believes in it. I don't care what other people think, I am content with having my support group that constantly reassures me when it comes to my physical traits.

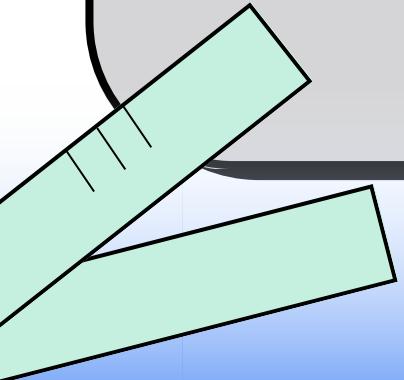


Questions

Write below your Encouragement Quote for yourself and your classmates about your Body Image and your 3 Ws (Wellness, Wellbeing and Wholeness)

“Do not rely on the unrealistic body ideals that social media and influencers try to put in our faces. Always know that you are perfect, deserving, and worthy just the way you are. You do not need to adjust yourself just for the sake of others' opinions.”

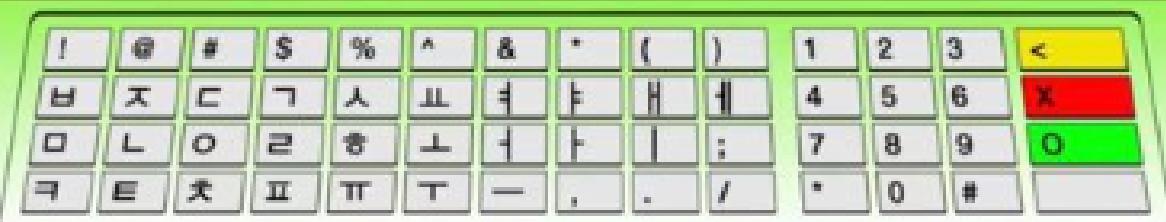
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REFLECTIVE ESSAY

Who am I? This is a query that we have been pondering since the start of this midyear course. When we are asked this question, we often associate it with our physical attributes. May it be the height, facial structure, and other things that are predominantly about our characteristics. Our mental traits are often an afterthought when it comes to this question. We live in a society that can judge you just by the way you look. Our communities are unforgiving and merciless; it doesn't even care what you think or what you have done in your life. If society does not like the way you look, you are destined to be judged. As a result, we give in to certain unrealistic standards that force people to torture themselves mentally when they are not met.

To some, physical traits are not important, but the people who think this way are most likely the ones who "look good." Our biological self is important; it can impact our overall wellness, wellbeing, and wholeness. The way we view ourselves, the "body image" that we generate mentally, is important in how we go on each day. It is not a simple concept that should just be set aside. Building our body image should be a point of emphasis in early education. It can be the source of confidence and high self-esteem for the youth, which can help them build themselves up towards what they are meant to achieve. In our day and age, body-shaming has sadly become a normal thing in the world, much more so in the Philippines. This is why I had a hard time answering the question on what physical traits I dislike most about myself. My reason for this is that I had to revisit the hard times in which I was bullied because of these traits. I had to go back and face the reasons why I was teased during my younger years. This is exactly what I am talking about when we talk about the normalized body-shaming in the Philippines. The term "tumaba ka na" has been overly used in family gatherings, which has traumatized some relatives enough to not join the event at all. Filipino culture has engraved the minds of its people that bullying someone for their looks just because it is not what they're accustomed to is normal (Agner, 2017). As I grew older, I learned to love these aspects about myself. Like what was said in the video "Self Esteem Tips: Dealing with Body Image Issues", it is important for us to appreciate our present selves and not just on what is being painted as perfect. We often forget how beautiful each of us is, just because of the standards that have been set for us by the media. I've learned from this worksheet by reflecting that I have so many physical traits that are desired by others.



Before criticizing what I have, I should first appreciate my God-given qualities. We are all a canvas that has been painted uniquely by our creator; we should learn to be content, plain and simple. Like what was said in the other video, "Media's Effects on Body Image", the way the media has portrayed "good" or "handsome" and some other qualities is overly exaggerated. It is exaggerated to the point that they are describing scientifically enhanced perfection. They forget to remind the people of the beauty that they already possess. Mainstream media do not care about YOU; they care about the products that they sell that will make you "perfect." We have given the media too much power when it comes to this. We have provided them with enough power to manipulate the people. Teenagers and people of this generation, as a result, have been victims of body dysmorphia (Frontiers in Psychology, 2023, as cited in King University, 2024). Instead of curating an environment in which people can appreciate themselves with what they already possess. The media manipulates its "consumers" to consume like cattle on a farm. This is exactly the reason why we should not depend on the media for self-care-related content. We should all have a personal routine to follow that makes us happy. We should not be dependent on what can be considered "perfection" because we should all have the right to determine what we think is "perfect." Do routines because it makes you happy, not because the media tells you to. Your body image is impactful on your overall well-being. Try to provide yourself with the praise you deserve; do not pull yourself down. This is why when I am asked how I cope with my self-image issues. My answer is simple: do not depend on the media. The reason for this is, you already look at your physical self negatively, then the media will just make it worse. Social media fuels comparison: it lowers your self-esteem to the point that you will never consider yourself enough (Journal of Adolescent Health, 2022, as cited in Verywell Family, 2025). I just keep it simple; I exercise when I can to maintain a healthy body image. We should focus on and appreciate more of the things that we can do rather than the way we look. We should appreciate what our bodies can accomplish rather than the biological appearance of our bodies (Manjani, 2014). In addition to what was already said, do what works for you. Do not exceed your limitations just because other people tell you to. My advice, your overall well-being is something that you should prioritize more than other people's opinions. It is important to note that harsh comments and negativity sometimes stem from jealousy. Some people use "constructive criticism" to just release their hatred towards you. Just relax, breathe, and appreciate yourself because at the end of the day, your opinion of yourself is what truly matters.

In conclusion, it is observable in our society that there are some fields that value looks more than overall skill. Physical traits in this generation are of utmost importance; you can be treated differently, respected differently, and get better opportunities just because of the way you look. As a result, the media has used this narrative as a means of manipulating the public, dictating this and that, and weaponizing the "means towards perfection." In our day and age, when the media has the power to control the minds of the people, it is important for us to still have a sense of self. Do not let social media dictate what is considered perfect, just because of the unrealistic standards that they have set. Always do what works for you, do not let them brainwash you to the point that you forget the existing features that make you yourself. Block out the noise, relax, and always remember that you are perfect just the way you are.





Thank You!



Loading...