

WARNING:

The following presentation
contains nudity.

Please be respectful and mature
when observing the
human form.

Learning Objectives

Define Body Image

Define Neuroplasticity.

Explore the range of human emotion.

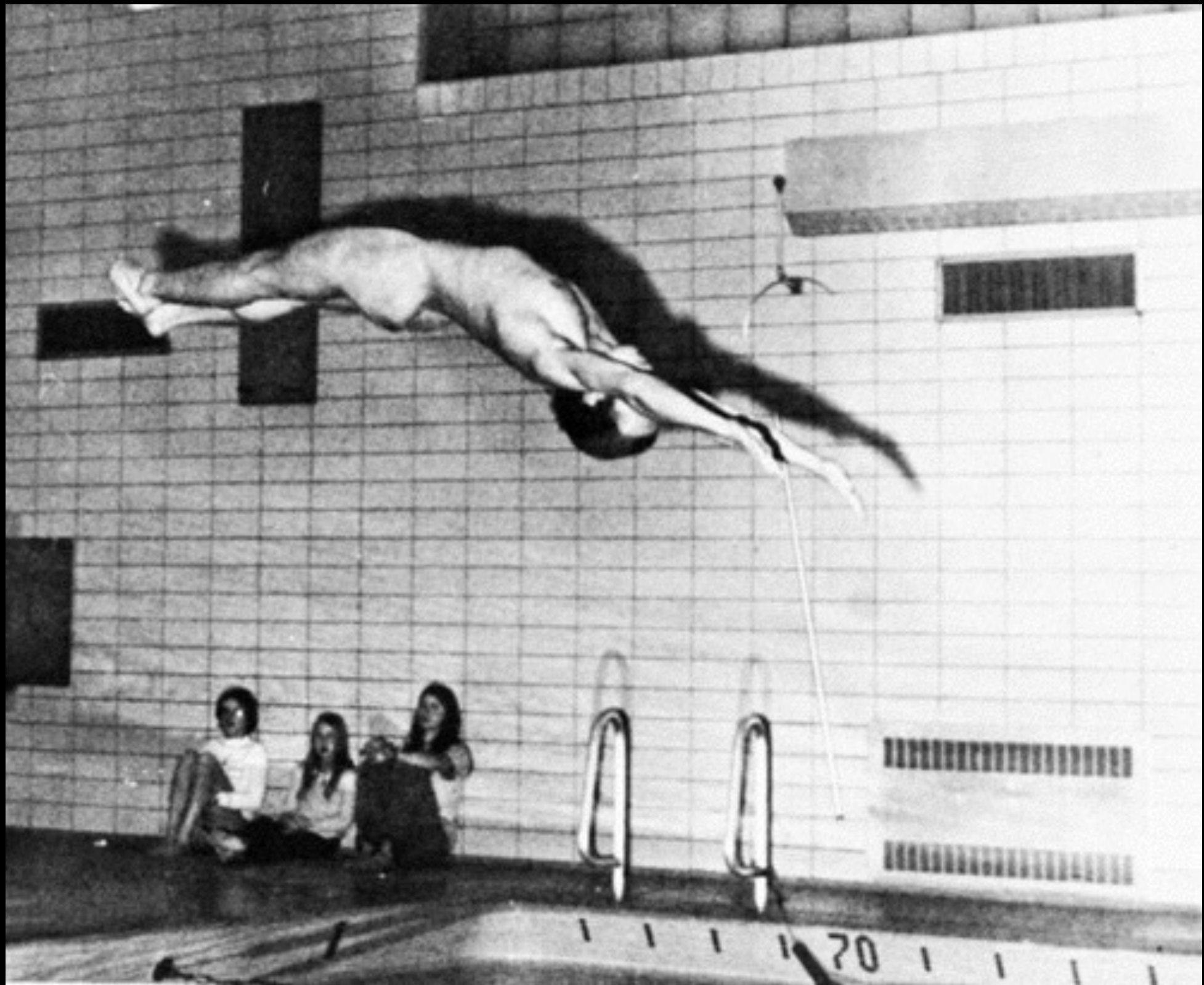
Explain how affirmations utilize neuroplasticity to achieve a positive body image.

Write an affirmation.



HOW TO LOOK GREAT NAKED

(without exercising)



...but exercising is great too.



For real. Exercise.

BODY IMAGE

Body image is the way we see ourselves when we look in the mirror or picture ourselves in our mind.

this includes:

- physical features
- height
- shape
- weight.
- how you feel in your body

source: nationaleatingdisorders.org



NEGATIVE BODY IMAGE

Negative body image can involve a distorted perception of size or shape, as well as more global feelings of shame, awkwardness, and anxiety about the body.



Linked to:
low self esteem
anxiety
depression
sexual dysfunction
dieting
eating disorders

source: brown.edu

POSITIVE BODY IMAGE



Realistic Perception of Body

Celebrate you as you are!!!

BUT HOW???

Neuroplasticity

"The brain, the brain, the center of the chain."

- The Babysitter's Club movie



refers to changes in neural pathways and synapses due to changes in behavior, environment, neural processes, thinking, and emotions

brain was previously thought to be static

cortical remapping in response to injury



Snow Covered Hill (Not Just a Fleetwood Mac Song)

- repeated neural firing strengthens a particular neural circuit
- shapes repeating and enduring pattern

source: The Mindful Therapist



Wait...so how can retraining my brain
make me look great naked?

Think of a memory when you were extremely happy.

Best day ever.

Pay attention to how you feel physically when thinking of this memory.

Now, think of a memory where you were really angry.

And finally, think of a memory where you felt shame or embarrassment.

Did you notice any differences?

Do you feel as happy as your happy memory?
Do you feel as angry as when you remember being angry?
What about shame?

Downward Shame Spiral



SELF-FORGIVENESS THROUGH AFFIRMATIONS



Active tool in place of “Shake it off”

Building your self love strength

Consciously making choices, and
living in the present

Own that beautiful imperfect being

EFT

Emotional Freedom Techniques

Affirmation Template

Even though I (feel ashamed/am not satisfied with this)

and I cannot control it

I deeply love and completely accept myself.



FREEDOM



TESTIMONIAL

It takes time
but is **totally** worth it.

QUESTIONS