

Let's
Undress our Body
Image

Streetwise is a partnership between CST and Maccabi GB



We need to work on our self-esteem every day. Our mood changes multiple times a day and so does our self-esteem. So what can you do?

- 1) Focus on things you like about yourself. Remember your hobbies and strengths, because feeling good about the things you like and excel at are important for increasing self-esteem.
- 2) Be kind to yourself. Try not to compare yourself to people you see online. Everyone is different and that is important.
- 3) Breathe. Take a moment to collect your thoughts and rationalise them.
- 4) Talk to friends and family you trust. They can help you see that things aren't as bad as they seem.
- 5) If you get stuck thinking negatively, try and change your mindset and recognise things that are good in your life.

Activity 2-Mirror exercise

Below are statements that wellness professionals believe are some of the most powerful things you can say to yourself. Read through each and think about the meaning.

Highlight **AT LEAST 5** that you think resonate the most with you and say them to yourself in the mirror everyday.

It is important that when you say it, you meant it. If you can come up with any more personal statements, write them below and add them to your list!

Activity 2-Mirror exercise

- 1) I am strong. I am beautiful, I am enough.
- 2) Workout because you LOVE your body, not because you HATE it.
- 3) Happiness is beautiful.
- 4) Don't compare yourself to pictures online.
- 5) Have pride in how far you have come. Have faith in how far you can go.
- 6) 'Should'shouldn't make you feel bad.
- 7) Everything begins with a kind heart.
- 8) Beyond our own brand of beautiful.
- 9) Happiness isn't size-specific.
- 10) My actions define my success, not a number on a scale.
- 11) You don't have to like everything about yourself to love yourself.
- 12) I love myself. I respect myself. I'm beneath no one.
- 13) I trust ME.
- 14) Progress, not perfection.
- 15) When you fuel your body with love, your mind has no limits.
- 16) You were made for this.
- 17) I will NOT determine my self-worth on my appearance.
- 18) I am enough. I have enough.
- 19) You are beautiful, today, right now.
- 20) Don't let your mind bully your body.
- 21) I am imperfect and yet my imperfections, like any great work of art, are what make me a masterpiece.
- 22) I am my own superhero
- 23) Changing your mind, changes your body.
- 24) Perfection is just a fragment of human imagination.
- 25) You are not a mistake; you are not a problem to be solved

When it comes to critiquing our bodies we can be our worst enemy. It is important to make helpful judgements on our bodies and focus on things we can and want to change. Maybe that is making sure you get out for a walk a day or get dressed and showered every day.

Unhelpful self-judgements make us feel worse about ourselves and paired with unnecessary comparisons, can really lower our self-esteem. So instead, focus on the things that make you feel body positive, whether that is doing your hair in the mornings or logging off Instagram for a day, carry on finding ways to make yourself feel good and recognise your self-worth.

Realising when we need to shift our mind-set is a powerful tool and finding ways to do it is a big step towards body positivity.)

Activity 3

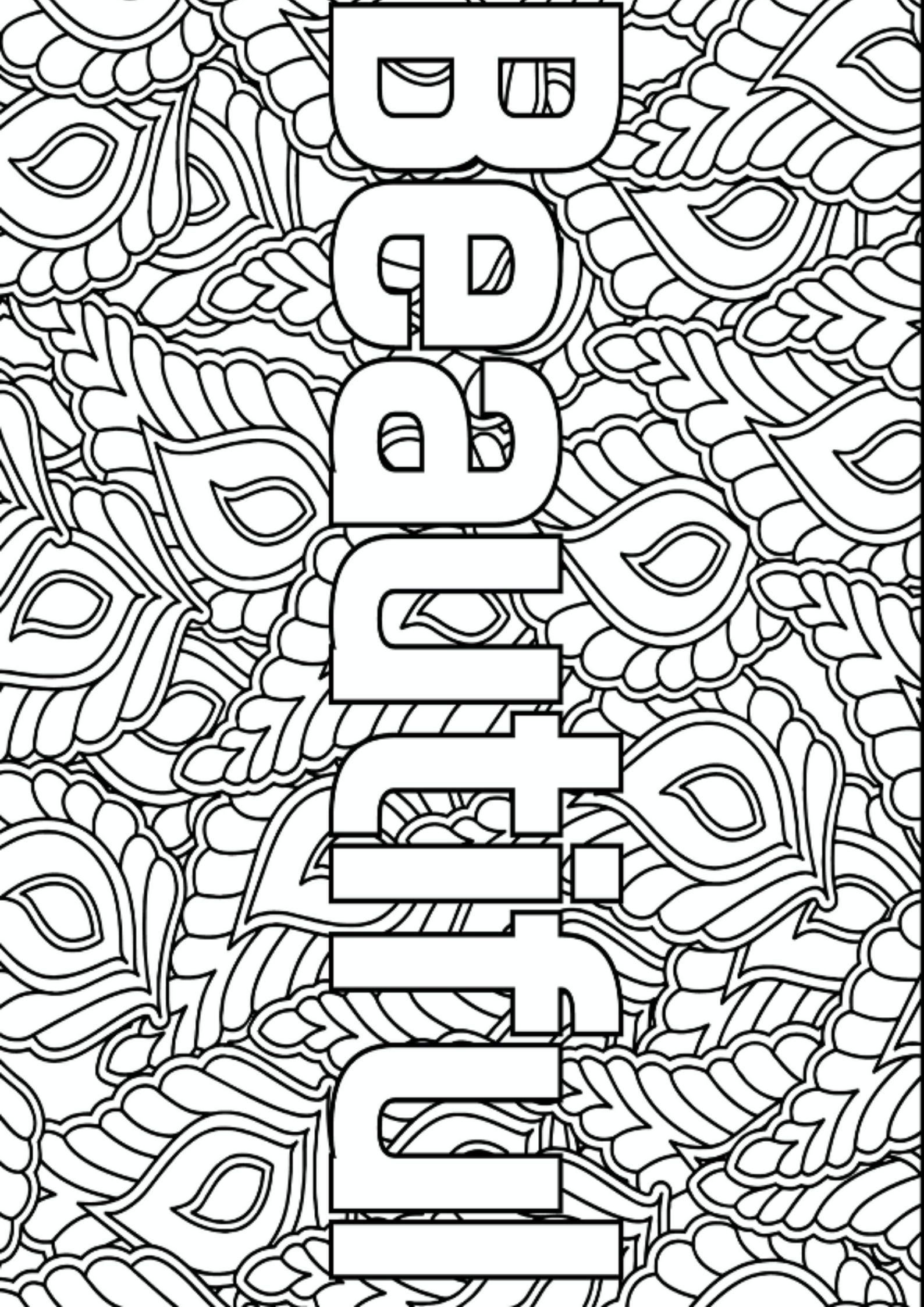
Watch the video below think about which door you would walk through and why.

<https://www.youtube.com/watch?v=W07P3i5Yaak>

Activity 4

Print out the beautiful sign and colour it in.

Once it's done, attach it to the top of your doorframe and when you walk into your room think about something positive you have done for yourself or others that day, however big or small.



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