



What is body image?

The term *body image* describes the picture of our body that we form in our mind. In many cases this picture has no basis in reality.

With a positive body image, a woman has a realistic perception of her size and shape and feels comfortable and proud about her body.

Positive body image not only applies to external appearance, but also involves placing value on all of the things that our bodies allow us to do!

With a negative body image, a woman has a distorted perception of her shape and size, compares her body to others, and feels shame, anxiety, and awkwardness about her body.

A woman's dissatisfaction with her body affects how she thinks and feels about herself. A poor body image can lead to emotional distress, low self-esteem, dieting, anxiety, depression, and eating disorders.



Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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Learn to Love What You See in the Mirror

When you look in the mirror, what do you see? Do you like what you see?

♥ Women in the U.S. are under pressure to measure up to a certain social and cultural ideal of beauty, which can lead to poor body image.

♥ By presenting an ideal difficult to achieve and maintain, the cosmetic, fashion, and weight-loss industries are assured of growth and profit. It's no accident that youth is increasingly promoted, along with thinness, as an essential criterion of beauty.

♥ Body dissatisfaction can also occur as a result of pressure from the people in our lives.

- Family and friends can influence your body image with positive and negative comments.
- A doctor's health advice can be misinterpreted and affect how a woman perceives and feels about her body.

Celebrate and Nourish Your Body

Building a healthy lifestyle that includes a healthy diet and physical activity is important to improving body image. We all want to look our best, but a healthy body is not always linked to appearance. In fact, healthy bodies come in all shapes and sizes! Developing and nurturing a positive body image and a healthy mental attitude is crucial to a woman's happiness and wellness!



beauty \byü - tē\

the quality or aggregate of qualities in a person or thing that gives pleasure to the senses or pleasurably exalts the mind or spirit

*Merriam-Webster's
Collegiate Dictionary -
Tenth Edition*

**For more information
visit womenshealth.gov**



Change Your Body Image Not Your Body

It is important to remember that when you change your body image, you don't change your body, you change the way you **think** about your body.

Essentials to developing healthy body image include:

- healthy nutrition
- regular exercise
- plenty of rest

Eating healthy can promote healthy skin and hair, along with strong bones; exercise has been showed to increase self-esteem, self-image, and energy; and plenty or rest is the key to stress management - all of these can make you feel good about your body.

