

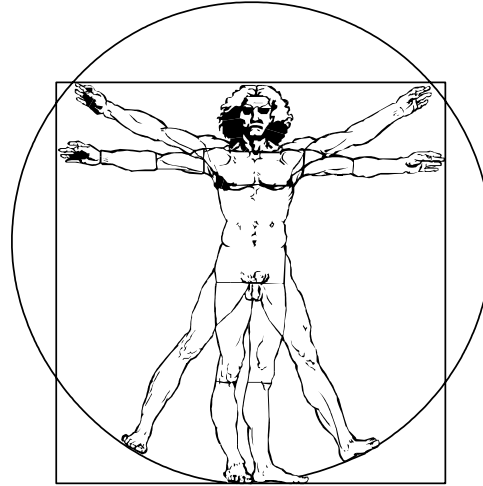
## Finding Our "Right Size" Frees Us to Have:

- ✦ The ability to focus on the things that matter
  - ✦ Self Esteem
- ✦ Excitement that people are much more than the outer covering that they wear
  - ✦ Improved Health
  - ✦ Mental Sharpness
  - ✦ Mood Stability
  - ✦ Energy
- ✦ Honesty in Friendships
- ✦ Gratitude instead of shame and envy

### Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.



### For Confidential Help and Information

Call HopeWorks at  
(860) 561-1175, ext. 0  
or email us at  
hopeworks@snet.net.



### Contributions to HopeWorks

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## Body Image and Self Compassion

*"Do these pants make my butt  
look big? Good!"*

Queen Latifah in *Beauty Shop*



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*Providing hope and help to  
young people and their  
families through counseling  
and education*

## The Cost of an Unrealistic Body Image

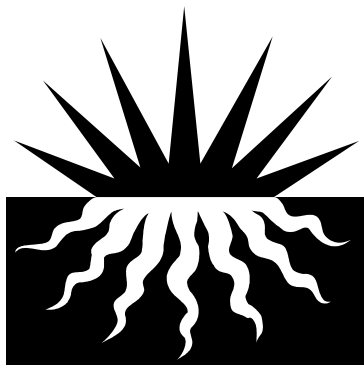
Many young people and adults struggle against their natural body type to fit an image of beauty that is not within their reach in a healthy way. This quest demands unrealistic discipline, unhealthy eating habits and excessive exercise which can lead one to lose perspective on what gives sustainable happiness.

Efforts to attain the perfect physical appearance distracts one from other important focuses: academics, relationships, health, community, career, spiritual life and joy. People may put their lives on hold until they make themselves physically "perfect."

In this way years, health and opportunities may be wasted.

## Remaining Focused on Physical Beauty:

- Sets a shallow tone for one's life
- Feeds anxiety and frustration that may lead to eating disorders
- Causes losses in close social bonds with friends and family
- Creates insecurity and competition with others
- Can set one up for endless disappointment



## Questions to Ask Yourself

If I enjoy a person's personality, sense of humor and perspective, would I dislike them because of how they look?

Am I more critical of myself than others?

What feels like the right size for my body?

Is my health threatened by the way that I eat or exercise?

What could I do with the energy I now focus on my body image?

My soul can SHINE when I accept myself.