LEARNING to Love
WHAT YOU SEE IN THE MIRROR

COUNSELING AND PSYCHOLOGICAL SERVICES
University of Pennsylvania

215-898-7021
3624 MARKET STREET, FIRST FLOOR WEST
Philadelphia, PA 19104
MON | TUE | WED | THURS |
9 am - 5 pm | 9 am - 5 pm | 9 am - 5 pm | 9 am - 5 pm
SUN | SAT |
9 am - 3 pm | 10 am - 3 pm

www.upenn.edu/caps

2013

FACTORs THAT aFFECT BODY IMAGE

Some beliefs and attitudes about body image can be traced to a cultural obsession with celebrity. We are inundated with beautiful and perpetually slim young people in movies, magazines, and on the Internet. These images of models and entertainers are often heavily edited, yet this unrealistic representation persists as an idealized beauty standard. Thus, starting when they are children, young women, especially, internalize messages that they need to look "perfect" to be seen as healthy, competent, and desirable.

Body image issues also impact men who are bombarded with media promoting lean eating and high-intensity workouts to achieve muscle mass and success. Research shows that today’s college men are reporting greater levels of body dissatisfaction.

OTHER FACTORS THAT aFFECT BODY IMAGE

• REMARKS FROM FAMILY/FRIENDS ABOUT APPEARANCE
• OUR OWN IDEAS ABOUT HOW WE AND OTHERS LOOK
• SEXUAL, PHYSICAL AND EMOTIONAL ABUSE
• COMPARISONS TO IDEALIZED BODY SHAPE/SIZE
• A MULTIDIMENSIONAL DIET INDUSTRY
• REALITY TELEVISION AND SOCIAL MEDIA

If you or someone you know suffers from negative body image, please seek professional help. CALL OR STOP BY CAPS:
3624 MARKET STREET, FIRST FLOOR WEST
215-898-7021

Positive BODY IMAGE IS...

HAVING A TRUE PERCEPTION OF YOUR BODY SHAPE/SIZE
ACCEPTING AND BEING PROUD OF YOUR BODY
FEELING COMFORTABLE AND CONFIDENT IN SOCIAL SETTINGS
APPRÉCIATING YOUR NATURAL SHAPE
UNDERTAKING THAT APPEARANCE DOES NOT DEFINE YOU

YOUR ARMR THORUgHS MUCH MORE THAN WHAT YOU SEE AND HOW YOU LOOK.

• Appreciate your body for all it can do.
• Beauty is a state of mind — when you feel good about yourself, it shows.
• Look at yourself as a whole person.
• Become a critical reviewer of social media.
• Do something kind for yourself and your body.

Love your body

It’s natural to feel flaws in ourselves, but people with negative body image may take these negative feelings further, hating to look at their own bodies and obsessively pursuing an "ideal body."

Contrasting yourself to others can be harmful. We all may have days when we feel awkward or uncomfortable in our bodies, but the key to developing positive body image is to recognize and respect our natural shape and learn to overcomw negative thoughts and feelings with acceptance that is positive and affirming.

IMPROVING your body

www.vpupenn.org

RESOURCES

CAPS (including nights/weekends via email: caps@upenn.edu or call)
215-898-7021
OFFICE OF THE CHAPLAIN
215-898-8456
HELP LINE
215-898-HELP (4357)
RAP LINE
(Reach A Peer: 9PM - 1AM)
215-575-2840 (2727)
SPECIAL SERVICES
215-898-6600
STUDENT HEALTH SERVICE
215-746-3535
OFFICE OF THE VICE PROCTOR FOR
215-898-6081
UNIVERSITY LIFE
WEIMARL LEARNING RESOURCES CENTER
215-573-9525

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