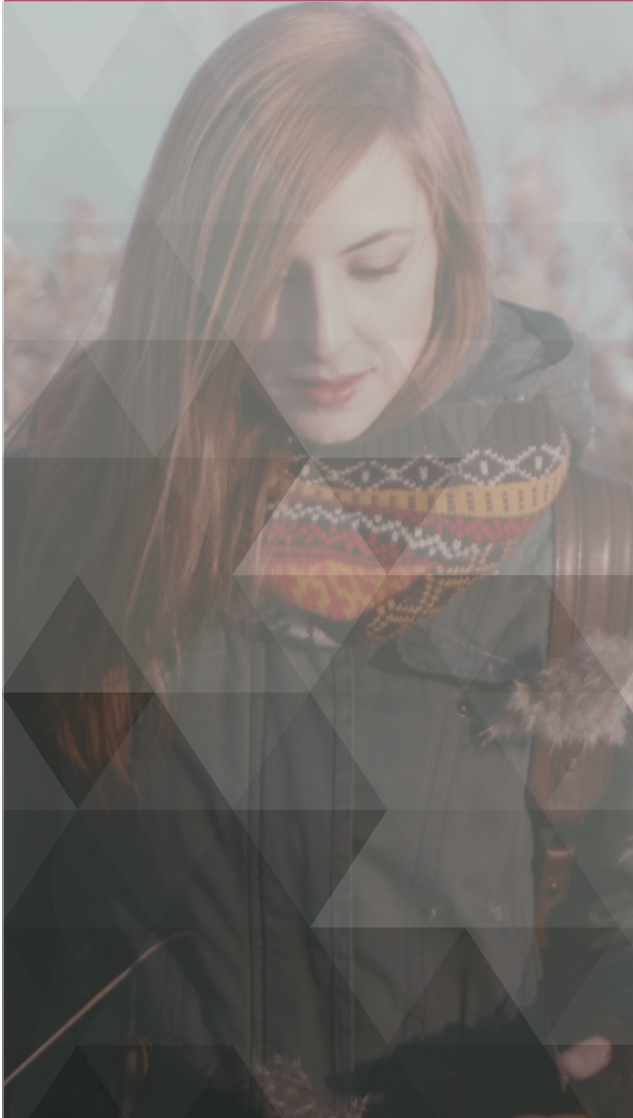


# BODY IMAGE

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



**IN OUR CULTURE  
IT SEEMS AS  
THOUGH IMAGE  
IS EVERYTHING  
AND WE NEVER  
MEASURE UP! WE  
FIND OURSELVES  
SAYING: “NONE OF  
THESE CLOTHES  
FIT PROPERLY, I  
LOOK STUPID IN  
EVERYTHING!  
“THOSE 3 MIRRORS  
IN THE FITTING  
ROOM DO NOT LIE!”  
“I HATE MY  
BODY! IF ONLY I  
WAS<sub>oooooooooooo</sub>”**



## ***The Challenge:***

It's not easy to feel comfortable in our own bodies when the 'cute' media models never look remotely like us. We do compare and we *always* feel we do not measure up!

Can you relate to any of these:

- You hate your body because you feel too thin, too fat, too tall or too short
- There are definitely things you want to change – nose, ears, mouth, eyes!
- You're embarrassed about your bra size, shoe size and dress size
- You feel you never look right no matter what you wear!

## *You are not alone.*

Most of us, at some stage of our lives have felt hugely disappointed with our bodies or embarrassed about our physical appearance.

This is compounded though by how we are feeling about ourselves on the inside so it is worthwhile to have a look at some of the other things that make us feel insecure. Talking it through can make a difference.

To explore this further, it would be a good idea to pick up one of the BODY IMAGE booklets from either the CEDAR Care Centre Waiting Area or the CITYREACH Reception Desk or, if you are getting depressed or struggling with habits that are hard to break like dieting or excessive exercise, have a chat with one of the CityReach Cedar counsellors.



# SOME PRACTICAL TIPS:

In the meantime, there are some things you can do to minimise the pressure:

- Limit the time you spend browsing magazines or sites that present fashion.
- Put your focus on other things like building good relationships.
- Avoid dieting. If you feel you have a weight problem, see your doctor with the goal of eating healthy rather than getting thinner.
- When you start thinking “I wish I could look like that” turn off, log out and remember that you are more than just your physical body.



**CITYREACH | CEDAR**  
CARE & COUNSELLING CENTRE

315-333 Fosters Road, Northgate  
8369 1000  
office@cityreach.com.au  
[www.cityreach.com.au](http://www.cityreach.com.au)