

BODY IMAGE

REAL TEEN ISSUES

CITYREACH | CEDAR CARE CENTRE



IN OUR CULTURE IT SEEMS AS THOUGH IMAGE IS EVERYTHING



Can you relate to any of these statements?

- I hate my body! It's really embarrassing being skinny!
- Gym change rooms really freak me out!
- If anyone else calls me fat, I'll punch his lights out!

If you have felt like this, 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.

A Broader Perspective

It's very easy for us to get drawn in by the media's obsession with outward appearance, focussing on a very specific transient look. A balanced, broader understanding of true manliness will find you accepting the things you can't change in your appearance and developing those characteristics that make a man really attractive like:

- Treating others with respect and kindness
- Handling failure and disappointment with courage and hope
- Growing in self-control and patience
- Knowing what you are good at but remaining humble
- Being secure in your identity

Some practical tips

- When you start thinking "I wish I could look like that" turn off, log out.
- Put your focus on other things like building good relationships.
- Spend more time on your character growth than on your outward appearance.
- Avoid dieting. If you feel you have a weight problem, see your doctor with the goal of eating healthy rather than getting thinner or fatter.



TALKING IT THROUGH CAN MAKE A DIFFERENCE.



If you struggle with discouraging thoughts, or have developed some habits – like rigid dieting or excessive exercise - that are hard to break, now would be a good time to explore this further. You could make a time to have a chat with one of the counsellors at Cedar and also pick up one of the Booklets on this topic which you can find either

- In the CEDAR Care Centre Waiting Area
- The CITYREACH Reception Desk during the week.



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