



Body Image/Mirror Play

Slandering one's own body limits the flow of love, life, energy and metabolism. A distorted body image leads to stress – STRESS leads to METABOLIC SHUTDOWN AND TOXICITY.

Living in stress (operating from the Sympathetic NS) leads to:

- Imbalance dieting
- Food deprivation
- Macronutrient imbalance
- Binge eating
- Vast array of bodily symptoms

To seek body perfection is a need for control.

EMBRACE UN-CERTAINTY!

Changing the body to a specific look changes nothing; whatever you expect to happen from meeting your “ideal” body image CAN HAPPEN NOW! You do not have to wait for it.

A Healthy Body Image is accepting and rejoicing in the body as it is, right now, in **this** moment!

Love your body NOW, to get the body you want

Body Image Journal Exercise:

Where do you put your energy?

What is body image and how would you define it?

What determines YOUR body image?

Has your body image changed recently?

What exactly made it change?

Are you happy with your body/body image?

How is it currently affecting your life?

Mirror Play:

Stand in front of the mirror, fully clothed. Just look at your reflection, make eye contact...I dare you to smile 😊 Look at yourself as if you are seeing you for the very first time. Breathe it in. Relax. Realize that you are a magnificent creation; a miracle, really.

Appreciate your body with words of kindness. Begin at the top of your head and work your way down to the soles of your feet; appreciating curves and nuances that you hadn't seen before.

Only words of love can be spoken. If you begin to have negative thoughts float to the surface of your awareness, gently push them away; put them back on the merry-go-round. You can choose to dismiss them in that way OR you can choose to voice them and punish yourself even more.

I hope and pray that you will choose love.

Before you leave the mirror, make eye contact one more time and affirm yourself with a word of acceptance.

Begin with 2 min and build up to 10 min.

Progression of Mirror exercise:

1. Fully clothed
2. Swimsuit or bra and panties
3. Topless
4. Purely naked
5. Dance the jig ☺ and have fun with it. Child-like zest is the key to living in a body you love. Bring forth the child that is still within you and LOOOOOVE your Body!

