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What's Behind Body Image?

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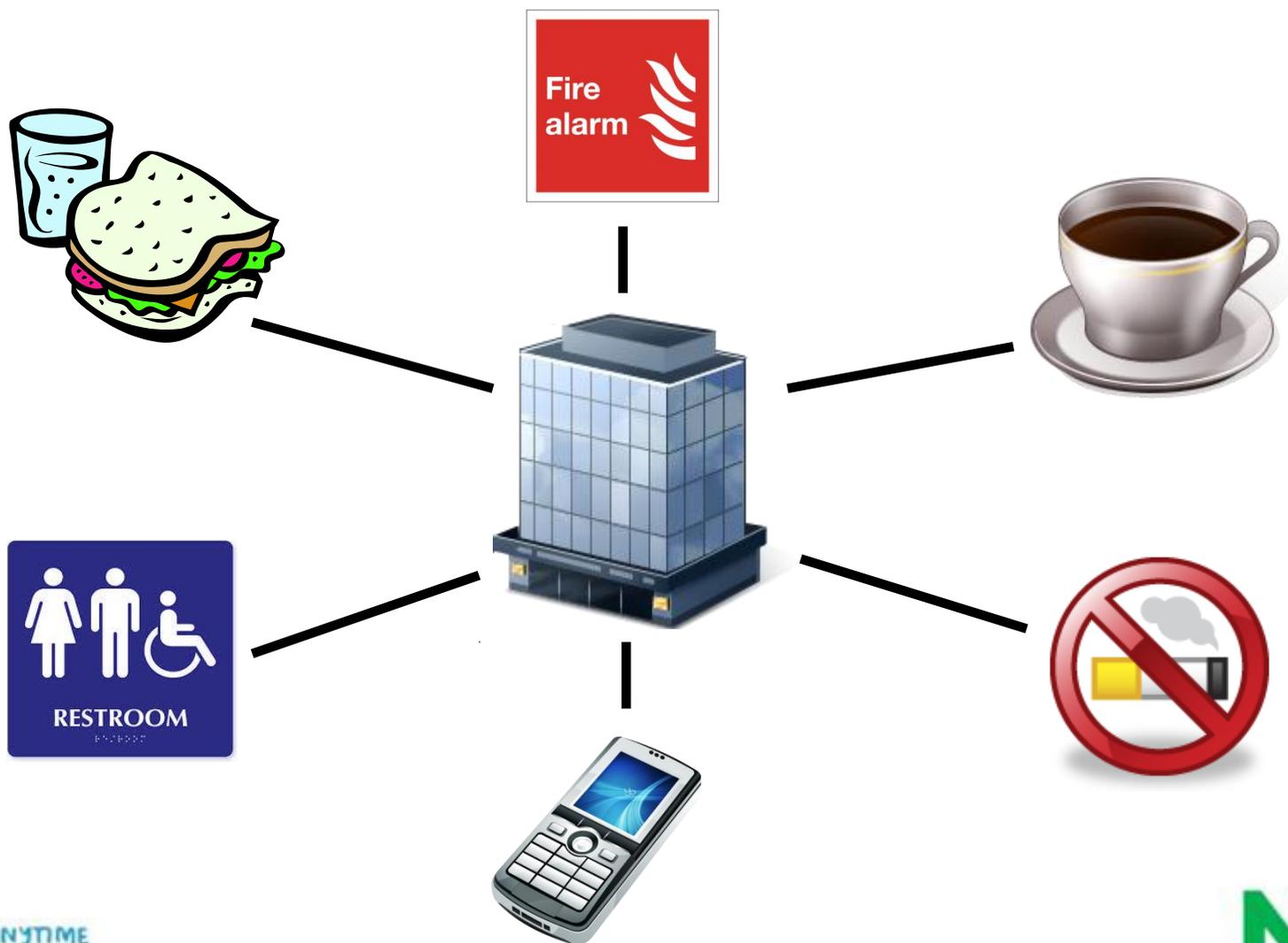
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Self Care

Talking eating disorders and body image can:

- Challenge our assumptions and ideas
- Remind us of past experiences, good and bad
- Trigger unexpected emotional response
- Present us with new ideas and information
- Make us question our skills



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Objectives of Seminar

- **Eating Disorders and Negative Body Image/Body Dismorphia – what is the connection and what are the differences?**
- **Our critical inner voice – what is self-esteem and how does it affect us?**
- **Social media distortions and what does this mean for young people.**
- **Our relationship with food.**
- **Talking about control in relation to eating behaviours and disorders.**
- **Questions & Answers.**



BDD (Body Dysmorphic Disorder)/Negative Body Image and Eating Disorders



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Our critical inner voice - what is self-esteem?



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How does Self-esteem affect us?

- Self-esteem starts in childhood; it is our emotional evaluation of us in the world. It is our beliefs and how we see ourselves.
- **Possessing little self-regard** can lead people to become depressed, to fall short of their potential, or to tolerate abusive situations and relationships. **Too much self-love**, on the other hand, results in an off-putting sense of entitlement and an inability to learn from failures.
- In childhood we start to get messages from others (parents, teachers, friends, etc.) and they affect that picture. Our life progresses and there may be other factors such as loneliness or abuse or unemployment in our lives. That all plays into this view we have of ourselves in the world.
- It can change how successful we are. It might stop us trying new things. It might stop us interacting with new people. It can re-enforce how we believe the world sees us, rather than the reality.

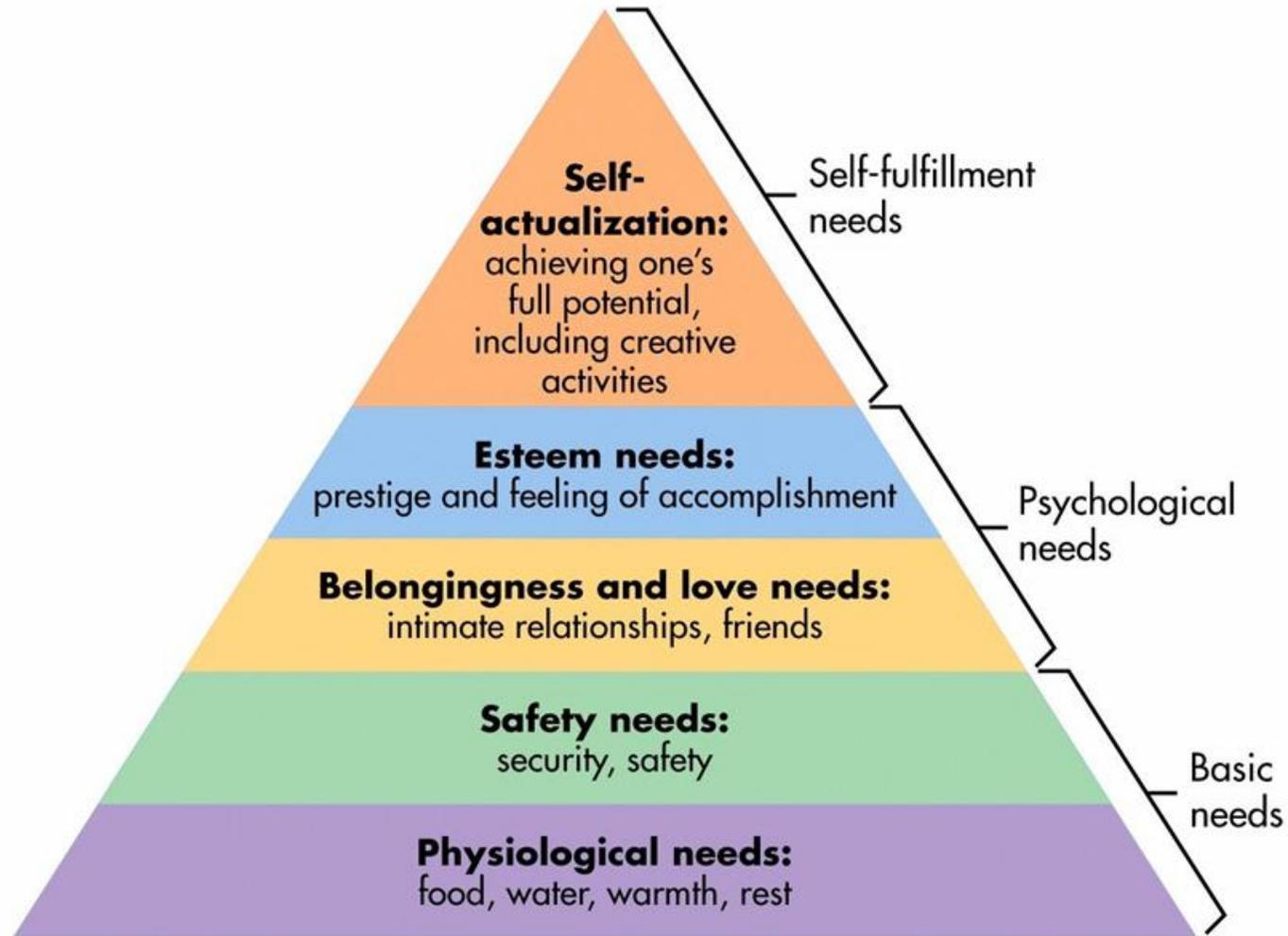
High Self Esteem Characteristics

- **Make friends easily and are not anxious with new people.**
- **Will try and solve problems on their own but will ask for help if they need it.**
- **They are proud of their achievements.**
- **Believing in a set of firmly placed values and principles and being able to defend or assert yourself in the face of opposition to them.**
- **Being able to make choices, trust your own judgment**
- **Participating in and enjoy many activities and hobbies**
- **Considering yourself self-worthy and equal to others, regardless of differences**
- **Believing that you are valuable, and that others will enjoy spending time with you**

Low Self Esteem Characteristics

- **Lack of confidence.**
- **Have a negative self-image.**
- **Avoid new things.**
- **Compare themselves to others in a negative way.**
- **Heavy self-criticism, tending to create a habitual state of dissatisfaction with yourself.**
- **Exaggerating the magnitude of mistakes or behaviours and not able to reach self-forgiveness.**
- **Chronic indecision due to fear of making mistakes.**
- **Perfectionism, which leads to constant frustration or underachievement.**
- **General negativity about life and often an inability to enjoy life.**

Maslow's Hierarchy of Needs



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Social media distortions and what this means for young people

- **91% of 16-24 year olds** use the internet for social networking.
- Social media has been described as **more addictive than cigarettes and alcohol**.
- Rates of anxiety and depression in young people have **risen 70% in the past 25 years**.
- Social media use is linked with increased rates of anxiety, depression and poor sleep.
- Cyber bullying is a growing problem with **7 in 10 young people** saying they have experienced it.
- Social media can improve young people's access to other people's experiences of health and expert health information.
- Those who use social media report being more emotionally supported through their contacts.
- <https://www.rsph.org.uk/uploads/assets/uploaded/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>

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Body Image

- **Body image** is the mental representation one creates, but it may or may not bear close relation to how others actually see you.
- Body image is subject to all kinds of **distortion** from internal elements like our emotions, moods, early experiences, attitudes of our parents, and much more.
- Nevertheless, it **strongly influences behaviour**. Preoccupation with and distortions of body image are widespread among young people and they are driving forces in eating disorders, feeding severe anxiety and other mental health problems.



Fear of Missing Out (FoMO)

- The concept of the '**Fear of Missing Out**' (FoMO) is a relatively new one and has grown rapidly in popular culture since the advent and rise in popularity of social media.
- The term is particularly used by young people, with digital language research showing that 40% of parents do not know what the term means. In essence, FoMO is the worry that social events, or otherwise enjoyable activities, may be taking place without you present to enjoy them.
- FoMO is characterised by the need to be **constantly connected** with what other people are doing, so as not to miss out. FoMO is associated with lower mood and lower life satisfaction.



Building Self-Esteem

- **Challenge** your thought process. Challenge the inner critic. Beat back the inner voice telling us that we are not worth it.
- **Recognise** where your talents lie. Work to your strengths and stop celebrating your weaknesses. Do more of what you enjoy.
- **Build** positive relationships. Positive people around you will help to challenge you to try new things and say “I haven’t tried that yet” rather than “I can’t”.
- **Accept** your limitations and capabilities. You’ll be brilliant at some things. And terrible at others. Let go of the need to be perfect in your own or other people’s eyes. Our self-critical, limiting beliefs can send our self-esteem spiralling downwards, making us feel negative and down within minutes.

Building Self-Esteem

- **Pause.** Look at yourself. Check if it's something really yours, your own needs, or if it's something to please others. When you feel inadequate about something you think you *should* be doing, take a moment
- **Remember:** there's no way to measure or compare happiness or how well you are doing. What is 'the best' after all? Who are the 'real leaders' around us anyway? How do you know the other person is 'happier' than you? Impossible.
- **Develop** a compassionate attitude to your self-care, recognising and honouring your unique needs for nourishing foods, exercise that you enjoy and restful sleep.
- **Be willing** to progress in your personal development and risk learning new skills. This builds confidence and self-esteem like nothing else. Be gentle and not a critic. Accept you will make mistakes everyone does. Don't beat yourself up, learn from it and move on.

How to Promote Self-compassion

Talking about control in relation to eating behaviours and disorders

- 1. It puts media images into perspective**
- 2. It helps us stay in tune with our physical states**
- 3. It makes us appreciate what our bodies can do**
- 4. It reduces self-punishment**
- 5. It makes other people allies, not competition**

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Thank you

Questions and Answers

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