

A FREE GUIDE

You are not your body.

BY AMY BEVAN





THANK YOU FOR BEING HERE

Having faced my own journey with body image and loving my best friend through an eating disorder, I deeply understand the challenges involved. With a background in yoga, breathwork, and wellness, I've created this resource to gently guide you towards a more loving and accepting view of yourself. Inspired by my friend's struggles and the gaps she encountered in traditional medical support, this resource aims to offer you comforting support and encouragement as you explore your own path to self-acceptance. Let's embrace this journey together.

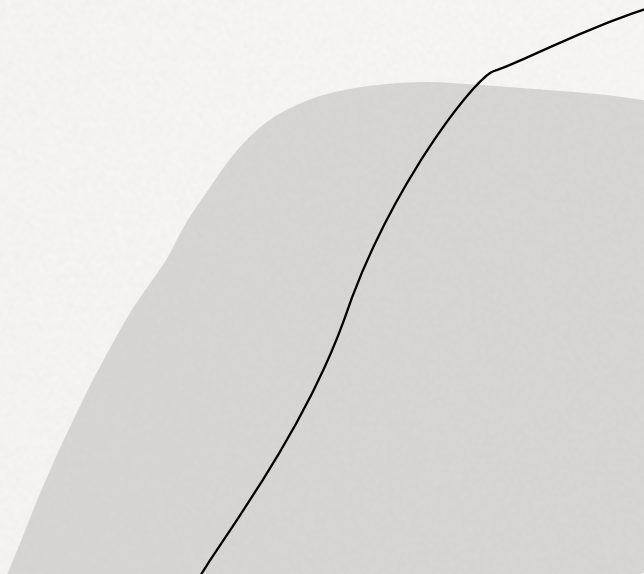
Amy Bevan



How to use this guide

To make the most of this resource, start by exploring the foundational sections to grasp the core concepts. Use the journaling prompts for personal reflection, and incorporate the practical tips into your daily life. Engage with the exercises to build confidence and a positive body image. If you're struggling or need additional support, feel free to book a call with me [here](#).

Move through each step at your own pace, with kindness and patience towards yourself.





YOUR BODY IS NOT YOU

In a world that constantly imposes unrealistic standards of beauty, many of us struggle with maintaining a positive body image. The pressure to conform to these ideals can lead to a negative perception of our own bodies, affecting our self-esteem and overall well-being.

This resource aims to help you develop a positive body image, empowering you to appreciate and respect your body despite external pressures.



We hear it all the time, but what is Body Image?

Body image refers to the mental picture and beliefs you hold about your own body. It encompasses how you perceive your physical appearance and how you feel about it.

Positive vs. Negative Body Image:

- **Positive Body Image:** A person with a positive body image respects and honours their body's needs. This means eating when hungry, resting when tired, and engaging in physical activity that supports their body's capabilities. It's not about being free from insecurities, but about accepting and appreciating your body for all it can do.
- **Negative Body Image:** In contrast, a negative body image is characterised by poor beliefs about one's body, often stemming from comparisons to unrealistic standards. This can lead to harmful behaviours such as body shaming, avoiding social situations, restrictive eating, and extreme self-criticism. Combatting these negative beliefs is crucial for developing a healthier relationship with your body.





YOUR BELIEFS CREATE YOUR REALITY

HOW THOUGHTS AFFECT BEHAVIOUR:

Your thoughts influence your feelings, which in turn drive your behaviours and ultimately shape your experiences. Negative beliefs about your body can lead to behaviours that reinforce those beliefs, creating a cycle of self-criticism and dissatisfaction.

For instance:

- Believing “If I don’t cover up, others will be disgusted” might lead you to wear excessive make-up or baggy clothes.
- Thinking “If I don’t change my appearance, no one will ever love me” could result in restrictive eating or avoiding social events.

Recognising and challenging these negative beliefs is key to changing the way you feel about your body.

Improve Your Relationship With Your Body Through Journaling

Introduction to Journaling:

Journaling is a powerful tool for self-reflection, allowing you to explore your thoughts and identify negative patterns. It provides a safe space to express your feelings without judgment, helping you to uncover and challenge the beliefs that hold you back.

Journaling Prompts:

- Recall the first time you had a negative perception of your body. What happened, and how did it make you feel?
- How have media and societal standards influenced your body image?
- How does your body image impact your current life? What is it stopping you from doing?
- How does your body support you every day, and how has it helped you achieve your goals?
- What is one thing you like about your body?
- What qualities, beyond your appearance, do you love about yourself?
- What kind of relationship do you want to have with your body?

Self-love requires embracing all parts of yourself, including your "shadow" traits - the aspects of yourself that you dislike or have repressed. Journaling can help you explore these traits and integrate them into your self-acceptance.



Addressing the Shadow

Self-love requires embracing all parts of yourself, including your "shadow" traits - the aspects of yourself that you dislike or have repressed. Journaling can help you explore these traits and integrate them into your self-acceptance.

- Write down a "shadow" trait you dislike about yourself, one that's preventing you from fully loving who you are.
- Reflect on where you believe this trait comes from and why you've kept it hidden or suppressed.
- Explore why this trait bothers you. Write down specific reasons for your struggle with it.
- Think of someone you admire who exhibits this trait, even slightly. For example, if your shadow trait is arrogance, you might admire a confident character in a movie. Explore in your journal how you perceive this trait in them.
- List the positive aspects or outcomes that could come from embracing this shadow trait. For instance, consider how arrogance might help you stand up for yourself or trust your abilities.
- Reflect on how you can accept and integrate this trait into your life in a balanced way. Consider what you might achieve by allowing this trait to surface without letting it dominate or harm others.
- Make a list of traits you're grateful to possess, whether they are shadow traits you've acknowledged or qualities you've always embraced. What do you truly like about yourself?

You may not love every little thing about yourself yet, but you can accept it and forgive yourself for it. By embracing your true self - shadow and all - you can learn to love yourself completely and wholly.



MIRROR ON THE WALL



ADDITIONAL WAYS TO IMPROVE YOUR BODY IMAGE

Mantras are simple yet powerful statements that can help you cultivate a more positive relationship with your body. The mantras I've included here are designed to gently shift your mindset, replacing self-criticism with self-compassion. As you explore these mantras, repeat them regularly—whether silently, aloud, or during moments of reflection. They are meant to support you in embracing your body with love and acceptance, helping you build a foundation of confidence and inner peace.

AM Mantra:

Start your day with a positive affirmation ritual. Take a deep belly inhale through your nose, sigh it out, and drop your shoulders. Repeat each affirmation out loud or in your mind:

- I am safe.
- I am loved.
- I am safe in my body.
- I am not my body; my value is me.
- My body is only mine for a short time.
- I am grateful to be in this body of mine.
- I respect me, I deserve me, I love me.

Finish with a deep breath in through your nose into your belly, and on the exhale, say: "I am."



PM Mantra:

End your day with a reflection and affirmation ritual. Take a deep belly inhale through your nose, sigh it out, and drop your shoulders. Reflect on your day, acknowledge your experiences, and repeat these affirmations:

- I am safe.
- I am loved.
- I am safe in my body.
- I am allowed to take up space.
- My body is my home, and I will build it up, not tear it down.
- I am me, and I am enough in all my forms.

Wrap your arms around yourself in a self-hug, and with each deep breath, embrace self-love and acceptance.



Social Media and Environment:

Curate a positive social media feed by following accounts that promote body positivity and self-acceptance. Surround yourself with supportive individuals who uplift and encourage you.



Practical Tips:

Choose comfortable clothing that makes you feel good in your body, and engage in physical activities that you enjoy, focusing on how they make you feel rather than how they make you look.

Let's Wrap Up

Improving your body image is an ongoing journey of self-reflection, self-acceptance, and self-love. By challenging societal standards and nurturing a positive relationship with your body, you can foster a deeper sense of confidence and well-being. Keep reflecting, keep journaling, and continue embracing all that you are.



THANK YOU FOR BEING HERE.
I'M PROUD OF YOU

Amy ♥



NEED MORE INSIGHT & SUPPORT?

Reach Out For Help.

If you're struggling with body image, remember you don't have to face it alone. Self-help tools are valuable, but if things feel overwhelming, reach out to a healthcare provider, mental health professional, or Lifeline for support. If you're finding it challenging, you can also [book a free call](#) or reach out with any questions. I'm here to support you every step of the way, and together, we can explore how to best meet your needs and goals on this journey.