Positive Body Image
A Weight off My Mind
Welcome ... your journey begins

Welcome to Positive Body Image - A Weight off My Mind.

As you explore this journal, it is hoped that you will start to think differently about yourself and your body.

All of us have body image. Some of us have more positive body image than others and some of us need help to improve our body image. Both males and females have body image. This journal is designed for females.

A Weight off My Mind is a travel log for the mind. Through activities, reading the stories of others and spending time jotting down your thoughts and ideas, you may start to see more clearly where you want to go.

A Weight off My Mind can’t teach you to have a positive body image. Instead it suggests some starting points from which you can design your own journey, and shares the journeys other people have taken.

Taking a weight off your mind is the main goal of this journal.

A Weight off My Mind will not be right for everyone. For a different place to start your journey, have a look at the list of contacts and supports at the end of the journal.

happy travels!

Kirsty Mudge
Project Manager/ Author

Project supporters

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For making this journal look a million dollars on a shoestring budget, special mention must be given to graphic designer / illustrator Christopher Lane and illustrator Jasmin Kerber.
My journey

This travel log belongs to <name> _______________________________

I began this journey on <date> _________________________________

I can be contacted on <phone no> ____________________________ or <mobile> ____________________________

or <email> ____________________________

If my journey takes me out of reach, contact <emergency contact> ____________________________

Other important phone nos and email addresses are _____________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

__________________________________________________________________________________

I’ve chosen to take this journey because ________________________________________________

__________________________________________________________________________________

“I think every woman is a work of art.” - Cameron Diaz, actor
This quiz has been designed to help you think about how you react to different situations and to help you decide where you want to go first on your journey. There are no right or wrong answers because we are all individuals with different strengths and positive qualities.

Select A, B, C or D for each question. Then go to Page 4 and circle the answer you have chosen for every question. Add up the numbers next to your answers.

A WEIGHT OFF MY MIND QUIZ

1. What do you think when you look in the mirror?
A. I'm happy with what I see
B. I really should eat less and go to the gym more
C. I feel good so I don't care what I look like
D. I guess I look ok, but I could look better

2. When you have a success, how do you react?
A. I'm really proud of my achievement. Let's celebrate!
B. There is no way I could have done this without help
C. This is nothing special. I don't know why everyone is excited
D. I could have done better

3. What do you eat for breakfast?
A. Cereal and/or toast
A. Cooked breakfast
B. Fruit and/or yoghurt
D. Nothing

4. What do you do when you come up against an obstacle?
A. Give up
B. Don't take no for an answer and seek ways to fix the problem
C. Have a tantrum
D. Try a different tack

5. Do you stick up for yourself?
A. I'm assertive and won't let people walk over me
B. I make some attempts to fix the problem, but am not pushy
C. I whine about it, but don't do anything to fix the problem
D. I keep quiet and walk away from the problem

6. How do you react when you friend is having a crisis?
A. I rush to his/her side any time of the day or night
B. I keep away until the crisis subsides
C. I provide advice if and when asked
D. I am there for him/her, but feel uncomfortable providing advice

7. How do you feel after a day of clothes shopping?
A. Angry that the designers don't cater to my shape
B. Miserable because I don't like being the clothes size I am
C. Happy because I have a whole new wardrobe
D. Confident because my new clothes suit me so well

8. What's the best way to spend a Saturday?
A. Sleeping in and then reading a book
B. A long lunch with friends
C. Going clothes shopping
D. Going for a long bike ride or walk
9. How do you feel after you have eaten Christmas dinner?
A. Bloated, but satisfied
B. Guilty
C. Ready for more pudding
D. Happy that you used restraint and didn’t eat too much

10. How would you react if you went to a party and knew no one?
A. Leave as quickly as possible
B. Join right in with the limbo and party games
C. Introduce myself to someone who seems equally lost
D. Sit quietly in a corner

11. If a piece of clothing doesn’t fit any more what do you do?
A. Put it back in the cupboard in case I ever lose weight
B. Begin dieting
C. Throw it out
D. Give it to a friend

12. How much exercise do you think you should be doing?
A. An hour a day
B. An hour every couple of days
C. Half an hour once or twice a week
D. A trip with the trolley around the supermarket once a fortnight

13. How do you react if someone compliments you?
A. Tell them what they are saying is untrue
B. Say thank you, but not believe what they are saying
C. Say thank you and feel really good about myself
D. Feel really uncomfortable and try and divert attention away from myself

14. How do you feel when you the number on your bathroom scales goes up?
A. Like my world is crumbling
B. Don’t care, it’s just a number
C. Guilty that I haven’t been watching what I eat
D. The scales must be broken

15. How would you describe your friendships?
A. Lots of friends, but no one to really confide in
B. Several very close friends who I tell everything
C. Lots of friends who know everything about me
D. Several close friends that tell me everything, but I don’t confide in them

16. How do you feel after having an argument with someone?
A. Guilty because it’s my fault
B. Angry because the other person is totally in the wrong
C. Clear-headed and rational, acknowledging that there are two sides to every argument
D. Happy because I have won the argument

17. What personality attribute do you value the most in yourself?
A. Sense of humour
B. Sensitivity
C. Reliability
D. Intelligence

18. If you could change one of the below about yourself, which would it be?
A. Weight
B. Height
C. Body shape
D. None of the above

19. Which of the following best describes you?
A. Shy
B. Modest
C. Passionate
D. Flamboyant

20. Who are your role models?
A. Friends and family
B. Sports stars
C. Acting and music stars
D. Peers and colleagues
Quiz ... learning to navigate

1. (A3) (B1) (C4) (D2)
2. (A4) (B3) (C1) (D2)
3. (A3) (B4) (C2) (D1)
4. (A1) (B4) (C2) (D3)
5. (A4) (B3) (C2) (D1)
6. (A1) (B3) (C4) (D2)
7. (A2) (B1) (C3) (D4)
8. (A1) (B4) (C2) (D3)
9. (A3) (B1) (C4) (D2)
10. (A1) (B4) (C3) (D2)
11. (A2) (B1) (C3) (D4)
12. (A1) (B2) (C3) (D4)
13. (A1) (B3) (C4) (D2)
14. (A1) (B4) (C2) (D3)
15. (A1) (B3) (C4) (D2)
16. (A1) (B2) (C4) (D3)
17. (A4) (B1) (C3) (D2)
18. (A1) (B3) (C2) (D4)
19. (A1) (B2) (C3) (D4)
20. (A4) (B2) (C1) (D3)

When you have your total, check out the suggest activity below.

66-80
Are you up for a challenge? Check out the personal challenge on page 23.

51-65
Do you know what a mantra is? It’s time to learn about the power of repetition. Go to page 18.

35-50
How about doing something to make you feel really good about yourself? Go to page 13 for some self love.

20-34
So what is body image anyway? Check out the definitions on page 6.
Where to now?

Turn back to your travel log details on Page 1 and reconsider what you wrote down about why you have chosen to take this journey. After completing the quiz, have your reasons changed or become clearer? In the space below, expand on these thoughts and explore what you hope to learn on your journey.

“When you are having a bad body image day, find one part of your body that you love and imagine that it’s the only part of the body that anyone cares about or notices” – Gemma, 16
Body image is the mental picture we have about the way we think we look. Positive body image is feeling comfortable about how we look. Negative body image is when we feel uncomfortable about how we look.

“As I have grown older, I have gained new respect for my body. Having a baby was the most wonderful experience. I really loved my beautiful round belly. Every day I feel so lucky to have a body that works well. I can walk, run, dance and enjoy life. Who cares if I have collected a few saggy bits along the journey which is life.” - Jane Reilly, Channel 10 senior reporter, Adelaide
“For ages I have been thinking about how I can look better and fit in with the crowd. I tried dieting, thought about getting my nose, belly button or tongue pierced and I even stopped taking my medication, thinking it would make me look better and more popular. I have now decided to work on feeling good from the inside out. I play sports, go to the pool with friends, try and eat healthy most of the time and try to have at least one really good friend to talk to. I still have times when I feel not exactly happy about things, but these are starting to get less and less.” - Kalyra, 16
Sharing the journey ...

Young people came up with this list of activities that help them feel better about their bodies

- Put on some cheesy music and dance like a maniac
- Meditate
- Laugh
- Do a life drawing course
- Go to the beach and feel the sand under your feet
- Start pilates lessons
- Start yoga lessons
- Talk positively to yourself
- Go skinny dipping
- Yell and scream
- Go for a walk or bike ride
- Finger paint
- Repeat a mantra
- Do something childish like making mud pies
- Talk to friends
- Try on perfumes
- Have a massage or other beauty treatment
- Go for a run
- Play sport
- Listen to music
- Dance
- Write a journal

- Take up acting
- Sing along to music even if you don’t know the words
- Draw
- Go to a party
- Read
- Go for a drive
- Play with pets
- Bake something
- Spend time with family
- Think about upcoming celebrations
- Think about the things you can do that no one else can do
- Think about all the things you are good at
- Take up a new hobby
- Go swimming
- Spend time alone
- Have a rest or a sleep
- Spend some time alone
- Talk to people you respect and look up to
- Try something new
- Send a text message to a friend
- Do a photography course

“After taking a cold shower I always feel beautiful because my skin feels so refreshed and alive” – Michelle, 16
“When I was younger, I thought that if I lost weight I would be happy not only about my body, but about my life in general. But when I dieted and lost weight, I found not only was I still unhappy, but hungry too. I realised I would never be happy if I was trying to change myself in order to be happy. So by eating a balanced diet, I maintained a healthy weight and ended up liking myself more in a healthy body than I ever could in one I had to constantly work for.” – Gemma, 16
The things my body can do ...

Our bodies are capable of doing some really remarkable things, but often we just take them for granted. Spend some time thinking about what your body can do and appreciating its uniqueness.

Add your thoughts to the list below.

My body can ...
heal when it is cut or broken
shut down when I go to sleep
dance
ride a bike
balance
carry my weight
walk, skip, run and jump
breathe

“Having recently had a baby, I am amazed at the plasticity and elasticity of my body. It has undergone transformations miraculous to me. I have a new respect for my body now. I know with what surprises it is capable of rewarding me.” - Celebrity doctor Cindy Pan
The things my body can do

Do you have certain skills that other people don’t have? Add these skills to the list below.

I can ...
roll my tongue
do a backbend
sit in the lotus position
ride a bike with no hands
do the splitz

“I’ll never be a stick insect, and I wouldn’t want to be either because it seems to me that a lot of people who are very thin are just really unhappy.”
- Kate Winslet, actor
Professional belly dancer and teacher Nayima Hassan believes her art form embraces women of all sizes and shapes. Belly dancing, which developed hundreds of years ago in Egypt and Northern Africa, is traditionally a “woman’s dance for every woman”.

“Professional belly dancers can be many different body types,” Nayima said.

And Nayima sees this wonderful variety of shapes in her classes.

“My students are normal, every day women with busy lives and normal problems,” she said. “There can be 30 different figure types in one class. A lot of them don’t mind having a size 14 bottom and I think that is quite refreshing.”

While curves can sometimes assist a dancer to accentuate belly dancing moves, Nayima encourages women of all shapes and sizes to learn belly dancing also. “If you’ve got some womanly curves, the dance can look very appealing, but that shouldn’t stop anyone from learning,” she said.

The dance form can also assist women to develop a further appreciation of their bodies. “We can use very small muscle groups that we sometimes don’t even realise are there,” she said. “When women master moves, they are amazed at what their bodies are capable of.”

Nayima’s advice:
“Whether you are a size 8 or a size 18, if you live a life without dance or exercise, you will never achieve a completely positive body image from within. Alternatively no matter what your size, if you are mobile and dancing your way through life then you will be guaranteed to feel stronger not only in body but also in mind no matter what your size or frame. The result will be a more fabulous you with a greater ability to accept and adore yourself.”

Nayima’s story:
“When I was younger, my height bothered me enormously. But I’ve learned to work with what I’ve got. I’m very agile because I am so small.”
What I like about myself ...

Think about all the things you like about yourself, including your physical features and your personality traits and characteristics. Why do you like these aspects of yourself? How do you feel when you think about what you like about yourself.

Add your thoughts to the list below.

I like my ...
- curves because they are feminine
- eyelashes because they are long
- sense of humour because it makes people laugh
- sensitivity because I am there for people when they need me
- mouth because it is like my mum’s
- legs because they enable me to go for walks
- mind because I am able to learn interesting things
- eyes because I am able to see beauty in the world

“External perfection counts for nothing when there’s no beauty within.” – Rosanna Mangiarelli, Channel 7 news presenter, Adelaide
Food for thought ...

Frequently talking about weight and diets can make it difficult to improve your body image. What other challenges, messages and images in modern society make it hard for you to appreciate your body? What can you do to combat these forces?

Brainstorm in the space below.

“No matter what you think about beauty – we, as women, should encourage each other to love and be ourselves always. In my heart, I believe it is our job to nurture and give one another as much positive feedback as possible, and remember to love others like you would love to be loved.” – Marcia Hines, singer/ Australian Idol judge


Why we have body hair

Body hair helps keep us warm. In fact, if we become very underweight and don’t have enough body fat for warmth, we can grow down-like hair all over our bodies.

Why we have eyebrows

We colour, pluck, tweeze, zap, pencil in and tattoo our eyebrows. From all this remodelling, it would appear that eyebrows are nothing but a nuisance. But do these two hairy facial features really deserve such a bad wrap?

Eyebrows are one of our most expressive facial features and we use them to communicate even when we are not realising it. Eyebrows also keep moisture out of our eyes. The arched shape diverts rain or sweat around to the sides of our face, keeping our eyes free from irritants such as the salt in sweat.

“I’m not going to say I’m not attractive, but what’s wrong with being an ogre? What’s wrong with being who you are?” - Cameron Diaz, actor
Jillian Murdoch has done photographic modelling for a variety of commercial and artistic projects over the last decade. She was also one of the first people in Australia to be body painted. Here, she shares her views on beauty, body image and body painting.
How did you feel when you were first approached to be body painted?

My first reaction was that I was pretty excited. It was a new concept at the time (1996) and not many people in Adelaide had been body painted at that stage. I was more excited about the creative experience as I was body painted as a superhero. I was also working with professionals - photographer Andrew Dunbar and make up artist Kirstie Wyatt - and I trusted their creative decisions and processes.

How did you feel about showing off so much of your body?

It is amazing that once the body paint is on you don't really feel naked. It almost feels like wearing a piece of clothing. When being painted, generally it is just you and the body painter so I haven't ever really felt uncomfortable being body painted. Although, I don't think I would feel as comfortable being painted in front of a large group of strangers. The photography side of it didn't bother me, as I have always known the photographers. I really enjoyed the creative experience of acting the character that I was body painted as. When I first see the photographs, I suppose each time I am very critical. I do worry; "Are people seeing too much of me? What image does this portray?". Generally I am not too worried though as to what the audience will think.

How did it make you feel about your body?

I do become quite critical about my body, particularly during the painting and when the photos are being taken. But I am probably no more critical of my body when being photographed body painted as, when I have been photographed for modelling shots. I think that I try and act the role for which I am being photographed and get into character, therefore perhaps even forgetting about my body and its imperfections.

Do you think having modelled helped you through the process or made it more difficult?

I do think my modelling background really helped in the process of body painting, as I feel extremely comfortable modelling and really enjoy working with creative professionals. So I wasn’t worried about how I would "model". Although, being a model does mean that some people think that you should be of a certain body shape and I have been worried at times that I may not have matched up to the so-called "ideals". At times I have felt self-conscious about my body if I have put on extra weight. Although this has never stopped me from enjoying modelling and being photographed body painted.

Except for celebrities, most body painting work is on models and thinner women. Do you think it would boost the self-esteem of women with other body shapes and sizes if they saw women similar in shape to themselves used in body painting work?

Definitely. It could boost the self-esteem of women with varied bodied shapes, especially if the body painting was viewed as an art form. A body shape that is not thin is often more interesting as an art form and can be painted in a beautiful and unique way. If a woman's body was viewed when body painted in the same way as an artist may view a female body when drawn or painted, the process and perception of body painting would be easier to understand. Artists often comment that it is far easier to draw a woman with curves than a thin woman, making for a more interesting subject. I think that this could also apply to a larger woman being body painted, as curves and shapes would create more interest.

What, to you, makes a beautiful woman?

A warm happy personality, and a woman that is happy with herself.

Does body size and shape matter?

No, if the person is happy with who they are and comfortable with their own body shape and size.

Does it frustrate you that many people assume that slimmer women have better body image simply because they are slim?

Yes. Slimmer woman can often have a distorted body image, and are not always confident about their body image, always striving to be thinner, or to be what is deemed ideal.
Mantras ... a journey of repetition

A mantra is a simple, positive and affirming phrase or statement that when said frequently can help you become more positive about yourself or your situation.

You can say your mantra as often as you like and wherever you like. Some people like to stand in front of the mirror and say their mantra. Other people may find this too confronting and may prefer to sit quietly in a safe spot and even close their eyes. You can shout your mantra to the heavens, whisper it to yourself or even say it in your head. But the most important thing is to focus on the words and their meaning as you say them.

It doesn’t matter how many times you repeat your mantra. Experiment and you will find what works best for you. It may feel odd at first, but if you persist, it will feel more comfortable and you will become more open to the possible benefits.

You can make up your own mantra or choose one from this journal or another source. You may have several mantras for different situations.

You can share your mantra with friends and loved ones or keep it to yourself.

Here are some ideas to get you started:

I have a right to occupy space in this world
Today is a good day to be alive
I love my body
My body deserves to be nourished
I am a good person
I am loved
Food is not the enemy
No food is naughty
I’m beautiful inside and outside
Guilt is a waste of time
I love and accept myself

“If it tastes good, eat it.” - Celebrity chef Nigella Lawson
My mantras ... 

Develop some of your own mantras in the space below

“I find that when there are too many thoughts running around my head, it’s usually because I’ve forgotten to entertain my body. This is when I jump on my bike and ride into the sunset - get those endorphins pumpin’.” - Louise, 23
Why we need body fat

Like every other part of the body, fat has an important function. In fact, it has several functions:

**Energy warehouse**
Excess calories consumed are stored in special cells as fat. These cells are energy warehouses that allow the body to draw upon the stored fat when our bodies need to use up more energy than that available in the food we have recently eaten. If we don't eat enough, the body will start to use its stored fat supplies so we have energy to get through the day. Fat is a good source of the calories we require to fuel our bodies to keep us going when our energy demands suddenly increase.

**Sating hunger**
Fat helps us to feel full and satisfied after we eat so we don’t suffer from gnawing hunger.

**Organ protection**
Fat protects our organs (particularly our reproductive organs), aids in the development of cell membranes and hormones, and insulates our bodies.

**Fertility**
The ability to ovulate (produce an egg that could potentially be fertilised by a sperm) is related to the percentage of body fat we have. It is common for women who are underweight to not ovulate. If a woman’s body does not carry enough fat, hormones will suppress the system that controls her ovulation. If a woman remains very underweight for any length of time, it is possible she may never ovulate again so will not be able to get pregnant.

“Life's too short to worry about what others might be thinking about us in our bathers.” - Kalyra, 16
Artist Marie Jonsson-Harrison has struggled with her relationship with food for as long as she can remember. For decades she has kept secret her bulimic tendencies & waged war on her body.

But recently, Marie decided to bare her soul and share her struggle with others through her art. She has completed a series of works based on food and situations where food is a central theme such as cafes, picnics, pubs and dinner parties. A self portrait shows a curvaceous Marie munching on chocolate bars.

This brave, public act has forced Marie to ‘come clean’ with herself. “I’ve always kept it hidden,” she said. “But I had to admit this was who I was. I feel freer because I don’t have this dim dark secret anymore.”

Marie doesn’t believe her confronting works have helped her body image, but they have acted as a catalyst for her to take positive steps.

“I’ve prompted myself to see a doctor and I’m actively trying NOT to treat my body badly.”

Marie encourages others to use art forms, if not to improve their body image, to express themselves and their feelings about themselves. “Expressing yourself through visual art, writing and music helps to get feelings out,” she said.

She views her own recent works from two very different angles. They are a celebration of life and a way to share her problems with the world. “They are a bit tongue in cheek poking fun at myself,” she said.
What is body image?

What is positive body image?
What is negative body image?

Use this space to come up with your own definitions. Compare your definitions to those on page 6. Do you agree with the page 6 definitions? Do you prefer your own?

“Feeling good about your body can make you feel good about other aspects of your life” – Helena, 19
A personal challenge ...

How many times a week does someone tell you about their latest diet or that they need to go on a diet or that they think they look fat? How often do you start conversations with your friends, family members or colleagues about diet or weight?

At school, uni or work, these conversations can sometimes crop up as often as once a day. If you are trying to improve your body image, such conversations are not helpful.

Try this personal challenge for one week...

1. Keep track of how many times you hear someone talk about dieting or weight.

2. If someone tries to draw you into a conversation about weight or dieting, change the topic or find an excuse to leave the conversation.

3. Think about what you are saying to other people and keep focused. If you find yourself talking about weight or dieting, change the topic.

4. Tell other people about your personal challenge and encourage them to give it a go too.

5. At the end of the week, tally up how many times you heard someone talking negatively about their body and how many times (if at all) you talked negatively about your own body.

6. Consider whether you feel better about your body after a week without negative body talk. You may like to take the challenge for a second week to see if you can improve your focus.

“A healthy relationship with food is important. Food is not the enemy.” - Bianca, 19
When I was about 12 or 14, I was really skinny ... It made me feel a sense of importance when people would comment about how I looked or about how little I would eat ... However, I really was not happy ... I always wanted to keep changing my body ... Now that I am older and happier, I have developed a healthier relationship with food, put on a healthy amount of weight and decided that I would prefer people make comments about me for more important things than my weight ... Now people say, "You look happy" or "You are looking healthy" and this is important for my positive body image - Helena, 19
"I always used to feel guilty about what I ate until I realised just how much of a waste of time it was." - Michelle, 16

"I have hips and curves. So did Marilyn Monroe and Brigitte Bardot. Nobody called them fat. They were beautiful." - Jessica Simpson, singer

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**Beautiful**

Don’t look at me

Every day is so wonderful
And suddenly, it’s hard to breathe
Now and then, I get insecure
From all the PAIN, I’m so ashamed

I am beautiful no matter what they say
Words can’t bring me down
I am beautiful in every single way
Yes, words can’t bring me down oh no
So don’t you bring me down today

To all your friends, you’re delirious
So consumed in all your doom
Trying hard to fill the emptiness
The piece is gone left the puzzle undone
Is that the way it is

You are beautiful no matter what they say
Words can’t bring you down oh no
You are beautiful in every single way
Yes, words can’t bring you down oh no
So don’t you bring me down today...

No matter what we do
No matter what we say
We’re the song inside the tune
Full of beautiful mistakes
And everywhere we go
The sun will always shine
But tomorrow we might awake
On the other side

We are beautiful no matter what they say
Yes, words won’t bring us down oh no
We are beautiful in every single way
Yes, words can’t bring us down oh no
So don’t bring me down today...

- Christina Aguilera
Yoga can improve appreciation of the body, but not in the widely perceived manner, according to yoga teacher Rebecca Richards. Rebecca said it was a western world myth that yoga was a physical practice and, in fact, the physical aspect was only a tiny part of the yoga philosophy.

So, people expecting to improve their body image by achieving flexibility and awareness of the body are missing the most important benefits of the art.

Rebecca said there were eight “limbs” to the holistic practice of Hatha yoga and the physical postures were only one of the eight. The others include conscious control of the breath, the withdrawal of the senses in order to still the mind, concentration and meditation. Rebecca said greater appreciation of the body was possible through yoga because it helped people feel more complete and whole as individuals. “Through yoga we can begin to realise that we are whole and perfect human beings without having to do anything more,” she said. “Yoga means union – uniting all aspects of the self to feel whole.”

Rebecca said many gorgeous Hollywood stars practiced yoga, so it was understandable that some women believed it was the key to attaining what they see as the ideal body. When stars such as Madonna show off complex yoga poses during interviews and photo shoots, it’s the physical not the spiritual aspect of the practice that is being highlighted. “If you do yoga to look like Madonna, you are missing you are missing the point of the practice,” Rebecca said.

So, instead of seeking physical changes to the body, Rebecca encourages people to open themselves up to the spiritual aspects of yoga so they can grow more comfortable within both their mind and body.
“I find sometimes after a hard day, I may be inclined to take it out on my body. So now I’ve learned to take a moment to accept all that happened to me that day – then let it all go up into the stars ... this makes me feel and see light again.”

– Louise, 23
“To have a body that works properly and that is capable of doing amazing things that we take for granted like breathe or walk is a true blessing and something we should value.”

- Sarah Martinelli, ABC Behind the News reporter
“It’s no fun to be – or to be around – someone who only eats lettuce leaves. Treats are there to be enjoyed.” - Sonia Madigan, Senior Reporter Channel 9, Adelaide
body positive
weight off my mind
Positive Body Image
A Weight of My Mind

Positive Body Image - A Weight off My Mind is a journal to assist young women on their journey to improving their body image. For more information, check out the Headroom website at www.headroom.net.au.
Other destinations ...

Youth Healthline (24 hours/7 days) 1300 13 17 19 or (08) 8303 1691 (country callers)
Eating Disorders Association of South Australia (08) 8332 3466
YWCA (08) 8227 0155
Second Story (Youth Health Service) Central (08) 8232 0233
Second Story North (08) 8255 3477
Second Story South (08) 8326 6053
Women’s Health Statewide (08) 8239 9600 or 1800 182 098 (toll free) or 1300 882 880 (Healthline)
Barossa Valley Eating Disorders Action Group (08) 8563 8544
Disordered Eating and Body Image (DEBI) Down South (08) 8384 9555
Dale Street Women’s Health Centre (08) 8444 0700
Northern Women’s Health Centre (08) 8252 3711
Southern Women’s Health Centre (08) 8348 9555

www.headroom.net.au
www.wch.sa.gov.au
www.cyh.sa.gov.au
www.cywhs.sa.gov.au
www.communitywebs.org/~EDASA
www.ywca.net.au
www.bodypositive.com

For information on the production of Positive Body Image - A Weight off My Mind, call Kirsty Mudge on (08) 8161 7164 or email kirsty.mudge@cywhs.sa.gov.au
Final Thoughts ...
Positive minds attract.

Mental health is being able to feel positive about yourself and others. It's also about getting involved and being part of your community. A positive mind attracts friends and finds more to enjoy. It takes work, but so do all good things.

find out more at
www.headroom.net.au