



## Positive Body Image Programme

Up to 31% of teenagers and 35% of adults experience feelings of shame or low mood because of their body image in the U.K.<sup>1</sup>

The *Positive Body Image* programme is designed to reduce the impact of negative body image for individuals 16+ years. The programme supports users in managing the impact of negative body image through Cognitive Behavioural Therapy (CBT) in a safe and confidential space.

Accessible 24/7, the *Positive Body Image* programme can be used on any device.



### Understanding Body Image

With the *Positive Body Image* programme individuals learn about the impact of poor body image on thoughts, emotions, behaviours and physical symptoms. The programme provides psychoeducation on the influence of negative thinking and emphasises the individual's ability to reduce the effects of poor body image through intentional mindfulness practices and the use of CBT tools.



### Addressing Common Challenges

The programme addresses common body image challenges with interventions focused on media literacy, cognitive dissonance, CBT, and cognitive restructuring. Modules teach individuals to analyse and critically consider the media messages they encounter and to notice and monitor interactions between their emotions, thoughts, behaviours and physical symptoms to increase self-awareness. Individuals learn to critically evaluate their thought processes around body image and to recognise and address how negative thinking styles can impact mood, physical symptoms, and behaviours.



### Forging Ahead

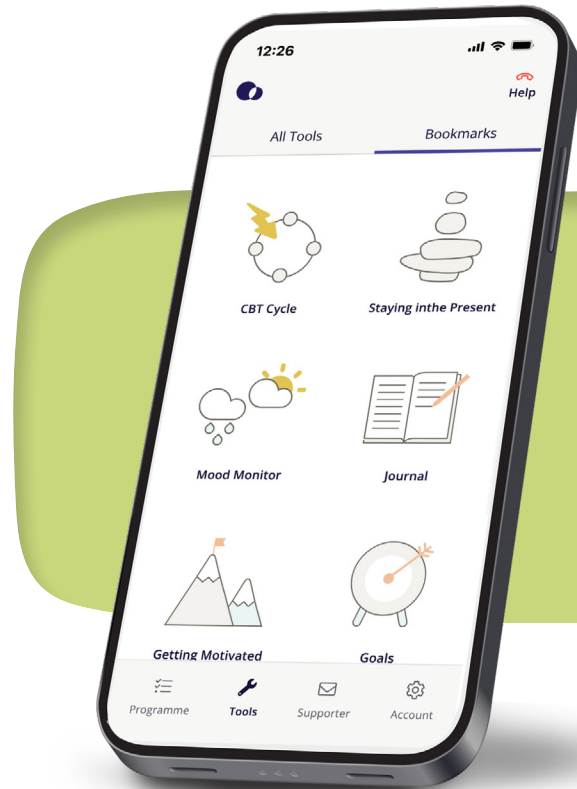
Individuals will learn to combine the techniques and strategies highlighted in the programme to improve their body image. They will be encouraged to use their newly learned skills and techniques developed in the programme and will learn to leverage social support to continue to stay well.

## Cognitive Behavioural Therapy

- With CBT, participants will better understand their thoughts, feelings, and behaviours and learn how to make positive changes – proven to reduce symptoms and better manage their mental health and wellbeing. Participants will walk away with the tools to better manage their mental health now and in the future.

## Interactive Tools

- My Expectations
- Mindfulness Exercises
- Take Control of Media Consumption
- Note to 12 Year Old Self
- Read the Media At Their Own Game
- My Strengths
- Who Am I? Interactive Noticeboard
- Tips for Building Self-Esteem and Improving
- Body Image
- Looking Around
- My Coping Mechanisms
- Connecting with Thoughts
- Challenging Thoughts



## Modules

- Getting Started
- Media & Culture
- Attention and Concentration
- Body Image
- Food & Mood
- Thinking Straight
- Moving Forward

**You can access this program right away: [click here to visit the Lanarkshire Mind Matters sign-up page](#)**

