

A photograph of two young women laughing and talking outdoors. The woman on the left is wearing glasses and a patterned jacket. The woman on the right is wearing a white sweater and dark pants. The background is a blurred outdoor setting with trees and a fence.

body ody ody



headspace
Canberra

A photograph of two young women standing outdoors, facing each other and talking. The woman on the left has blonde hair and wears glasses and a patterned jacket. The woman on the right has brown hair and wears a white sweater. The background is a bright, slightly blurred outdoor setting.

body odyssey
body odyssey can help
you manage
hard
thoughts
and feelings
about body
image



This zine was made on Ngunnawal and Ngambri land! We pay respects to their Elders and recognise sovereignty was never ceded.



your story

When did you start struggling with body image? What was going on for you at the time?



checklist

This check list can give you a sense of where you're at right now.

- There is a bunch of stuff I like about my body.
- I wear what I like, irrelevant of my size.
- I do not put others down based on their looks.
- I like how I look.
- I am fine with looking in the mirror.
- There aren't areas of my body I worry a lot about.
- I don't comment on other people's weight.
- My size and weight don't define my worth.
- I don't avoid activities because I'm afraid I'll be judged.
- I post realistic, unfiltered photos of myself.
- Social media doesn't influence how I feel about my appearance.
- I don't feel like I need to change my physical appearance.
- I don't stress if my weight or shape changes.



your image

Everyone has thoughts about how they look. Write out some of the positive and negative thoughts you have.

Positive

Negative



body talk

Draw your body. On the outside, write the things you say to it. On reflection, do they seem a bit harsh?



body neutrality

Draw your body again. On the outside,
write things you appreciate it for.

gets me
places

let's me
laugh

does it's best
to heal me
when I'm sick

influences

Write out some of the messages and expectations you get from other people. Do these align with your affirmations?

**"buying this
made loosing
weight easy"**

**"I'm
bulking atm"**

**"are you sure you
want seconds?"**



change activity

What are the **benefits** of making change around body image?

E.g. I might feel more at peace with my body.

What are the **benefits** of staying the same?

E.g. I don't have to think about it.

change activity

What are the **costs** of making change around body image?

E.g. I might need to get out of my comfort zone.

What are the **costs** of staying the same?

E.g. Feeling tired and unwell.



A background image showing two women in profile, facing each other and talking. They are outdoors, with trees and a bright sky visible. The woman on the left has blonde hair and is wearing a light-colored jacket. The woman on the right has dark hair and is wearing a light blue sweater. The image is slightly faded to make the text stand out.

reflection

Read back over the letters you wrote to your younger self and to your friend.

Now close your eyes and imagine how it would feel to have those supportive, kind words said to you right now, as you are.

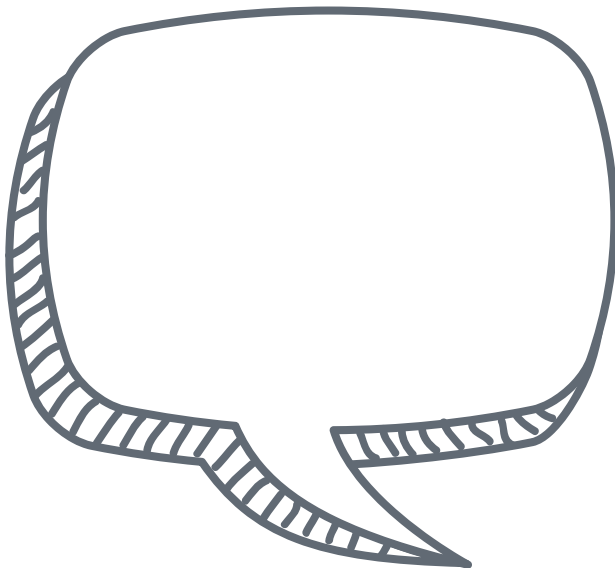
Notice how it feels to hear those words of acceptance and encouragement.

Self-compassion can be powerful.

whole self

Fill these bubbles with some of your good qualities (not to do with your body).

**E.g. I care
about social
issues**



**E.g. I make
excellent
food**

being present

What makes you feel genuinely good in your body?

eating food
my tidda
makes for me

patting
my dog



roller
derby

mindful eating

- Before you eat, put away all distractions (eg. phone).
- Take 10 seconds to note how your food looks and smells.
- Take a moment and appreciate who and what brought this food to you (E.g. sun, rain, the worker who planted it, the worker who packed it, the person who cooked it).
- Chew intentionally.
Really notice the texture/flavour.
- Notice how your body feels during and after eating.





next steps

What steps do you want to take to help with this stuff?

1. E.g. Talk to my dad about it.

2.

3.

4.

5.

6.

7.

8.

9.

10.



more support



Butterfly
LET'S TALK eating disorders

INSIDEOUT
Institute for Eating Disorders



ACT
Government

**Eating Disorder
Program ACT**



**Understanding body
image information
on headspace
National's website**



headspace can help with...

mental health



We will listen to you and help with things like worry, anxiety and feeling super low.

education and employment



We'll help you get your head around resumes, interviews, and education goals.

physical and sexual health



We can help you get linked with physical and sexual health support.

alcohol and drugs



Want to make changes to your alcohol and drug use, or just have questions? We can help!

want support?

**give us a
call or drop in!**



**1/1 Torrens st
Braddon**



(02) 6113 5700



**if it's an
emergency**

**Access Mental Health
1800 629 354**

**Lifeline
13 11 14**

