



KEEP LEARNING

Body Image

Dates: Tuesday 3 October (part one)
Tuesday 10 October (part two)
Tuesday 5 December (part one)
Tuesday 12 December (part two)
Times: 10am-12pm **Location:** Online



This workshop will run over a two-week period, split into two two-hour sessions. It will try to adjust your way of thinking about body-image and challenge the images of idealised bodies shown throughout the media that can negatively impact people's perceptions of themselves.

The course aims to help you achieve:

- An improved self-image
- A more realistic approach to body-image

During the course we explore:

- Body image and how it is affected
- How external/internal factors influence how we think and feel
- Body image in men and women
- How to accept your body and not aspire to unrealistic ideals
- How not everything in the media is as it seems
- How body image affects mental health
- Ways to overcome negative body image
- Body image and eating disorders



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