

## Beyond the Mirror: Body Bullying, Resilience, and Nourishing Habits

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 @dont diet dietitian on IG

She don't see her perfect, she don't understand she's worth Or that beauty goes deeper than the surface. Oh, Oh. So to all the girls that's hurting Let me be your mirror, help you see a little bit clearer The light that shines within




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*Dietitian Dedicated to Supporting Schools (Staff, Students, and Parents)*

**"It's about mental, emotional, and nutritional well-being, a comprehensive approach to health."**



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### Agenda

- Media literacy and body image (unrealistic beauty standards)
- Weight Stigma
- The impact of body bullying on mental and physical health
- Negative self-talk patterns
- Body image and a body-positive environment
- A positive and healthy relationship with food, body, and mind
- Integrating safe and inclusive lessons in health curriculum
- Self-compassion and acceptance strategies
- Teaching resilience, coping skills, and self-care strategies through the STRONG student method

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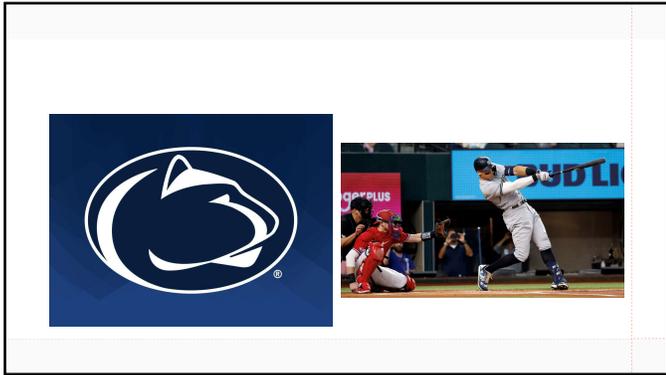
- Many schools lack training in how to properly respond to students experiencing disordered eating and are unsure what services exist for referral – or how to even assess what services would be a best fit for the student in need
- Social media and influencer culture is having extremely damaging effects on the mental health of students, particularly young women and girls – in large part due to body image
- There is unintentional stigma related to body weight and eating that takes place in our society and confusion on how to conceptualize 'body positivity' and being 'healthy.'

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How it all started...

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### My Journey as a Registered Dietitian

2002-2017 Information Giving  
**"I am the expert"**

2018-2025 Compassionate, Heart Centered, Trauma Informed  
**I am emotion & thought focused. You are the expert of your life.**

 A collage of images including two women in white lab coats, a newspaper clipping titled 'NEWS', and several colorful educational graphics with text such as 'Diabetes Management', 'Problem Solving', 'Stress Management', 'Taking Insulin', 'Exercising', 'Meal Planning', 'Blood Monitoring', 'Medicine Pump', 'Insulin', 'Carbohydrate Counting', and 'Blood Glucose'.

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Forever 4

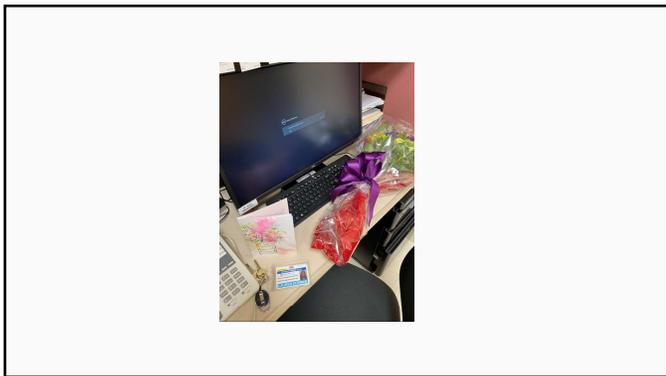
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### Lily's Lessons

1. Slow down
2. Live in the now
3. Be more mindful
4. Life is a true gift

 A close-up photograph of a single white lily flower with dark spots on its petals, set against a dark background.

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A collage of images including a woman presenting at a podium, a quote: "This was the best workshop at the NDA convention because it challenged our thinking as both parents and educators. The presentation encouraged us to look outside of social norms while teaching the value of finding balance in our everyday life and how we feel about our bodies. Operating our eyes to the damage created by forcing unrealistic principles of healthy eating through the presentation will allow us to pave the way to teaching a growth mindset related to food and eating!", a social media post titled 'Impact on Students' Nutrition, Emotional Well-Being, and Physical Health', a 'NEW EPISODE' for 'ASCAU FLASH' titled 'TOP 10 SIGNS OF DISORDERED EATING' with Lauren Dorman, RD, CDE, and a social media post titled 'All Bodies All Good!'.

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## We used to have magazines and media

- Only 1.8% of women in the world can look like this.
- Young girls are conditioned to prefer this body type and not like the way they look.
- We can shift their narrative to body diversity and challenge the sociocultural ideals of bodies, fad diets, and fad fitness
- Understand functional and enjoyable health behaviors
- Recognize the value in ALL bodies vs. the thin ideal

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## And NOW Social media influence...

**"We make body image issues worse for 1 in 3 teen girls."**

Facebook executives have been well aware of the damage Instagram is doing to teen girls' body image and mental health.

**Many Teenagers Agreed That Social Media Has Been Harmful to Their Body Image and Self-Esteem.**

Documents that Frances Haugen, a whistleblower provided to The Wall Street Journal showed that Instagram made body image issues worse for one in three teenage girls. **Revised AGSCL**. Lisa Marie Williams for The New York Times

Social media greatly affects my body image. *There are beautiful people online... and with*

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## What Students Are Saying About How Social Media Affects Their Body Image- The New York Times

Growing up with social media in this day and age is absolutely detrimental to one's self esteem and view of their own body. There are hundreds of influencers that are praised for having the perfect body when chances are, it's completely edited. Which gives off the impression that you can't feel comfortable in your skin without using FaceTune. Beyond that, for those who are blind to the amount of editing being done, are put under the impression that if you aren't "perfectly" skinny or your stomach isn't toned and flat then you aren't beautiful. I have struggled with body confidence and I find myself deleting Instagram whenever it gets too bad because I am subconsciously wishing I looked like the girls on my feed.

— Sarah Wheaton

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Anonymous member  
43m · 📷

**My patient is now at BMI 6.1. Age 22. She wants me to video document her, in her final days.**

🥰🥰 41      20 comments

Care Comment Send Share

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The average American woman...

is 5'3" tall      has a waist circumference of 38.1      weighs 168.5 Pounds

She wears a size 16 - 18

Even if we all ate and exercised EXACTLY the same, we would still look different.

#sophiagracetrition

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*"Positive body image isn't believing your body LOOKS good, it's knowing your body IS good, regardless of how it looks."*

-Lindsay & Lexie Kite. More than a Body

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## What Is Weight Stigma?

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"the social rejection and devaluation that accrues to those who do not comply with prevailing social norms of adequate body weight and shape." (Tomiyama et al, 2018)
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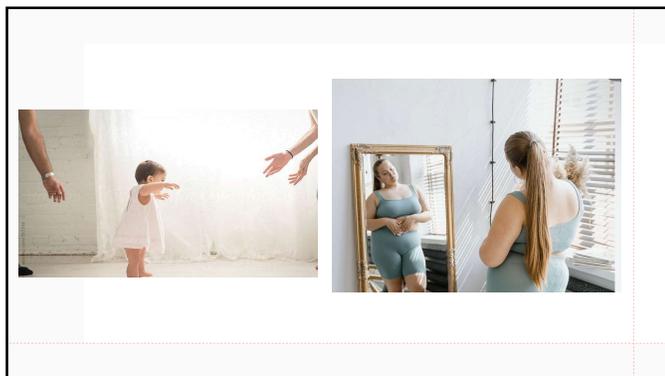
"Negative weight-related attitudes and beliefs manifested by stereotypes, rejection, and prejudice towards individuals because they are overweight or obese." (Puhl, et al 2008)
- 

"Negative, prejudicial attitudes towards persons with obesity." "Weight bias is a widespread form of prejudice that leads to stigmatization of individuals who are perceived to have excess weight." (Pearl, 2018)

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## The psychological and physical impact

Dear Bullies,

# STOP

It's My Body!

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## FAT IS NOT A FEELING

### Negative Self-Talk Patterns

- My belly is huge
- I feel ugly
- My clothes are too tight
- I am embarrassed to exercise
- I am bigger than all my friends and I don't like taking pictures

This is all BODY SHAME and not feeling SAFE.

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### Root Level Causes of Food Struggles

- *Perfectionism*
- *Safety*
- *Control*
- *Fear*
- *Trust*
- *Self-love*
- *Self-worth*

Nutrition is a science.  
 Eating is a behavior.  
 Behaviors are thoughts and feelings being acted out.  
 There is an emotional component to ALL our eating decisions.

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## What is a Healthy Body Image?



Not based on size

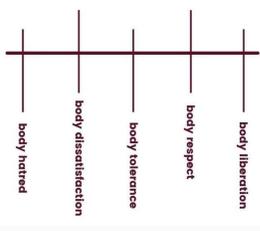
Influenced by individual and environmental factors

Inner talk begins to shift

Accept, appreciate, and respect their bodies

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## body image spectrum



body hatred    body dissatisfaction    body tolerance    body respect    body liberation

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what you think will fix body image:

losing weight



what will actually fix your body image:

building self trust    cultivating self acceptance

speaking kinder to yourself    shifting your mindset



### Body Image Reframes

This	Not
MY BODY IS A VESSEL THAT CARRIES ME THROUGH EACH DAY	MY BODY WILL NEVER LOOK LIKE THAT FITNESS INFLUENCER'S
MY THIGHS ARE TOO POWERFUL FOR THESE PANTS	I HATE MY THIGHS
I KNOW MOVING MY BODY USUALLY HELPS ME FEEL BETTER, BUT IF I'M FEELING THIS RESISTANT, MAYBE I'LL COME UP WITH A DIFFERENT WAY TO MOVE OR REST INSTEAD	I SHOULD BE WORKING OUT IF I WANT TO LOSE WEIGHT

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## Activity

Think of a recent negative body thought...

Imagine you are typing this out onto a document, a note, or a text...

Now, imagine you delete it and its GONE!

You then correct the sentence using these 3 key words:

Acceptance

Appreciation

Respect

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## Let's Practice

My belly is too large... I don't like the way it sticks out.

**REFRAMED TO:**

This is where my body lands right now and when I properly nourish myself. It's my job to care for my body.

I am thankful I have my legs to walk, my arms to hug, my hands to write, and my eyes to see!

You are starting to see your body as a HOME, not a BILLBOARD.

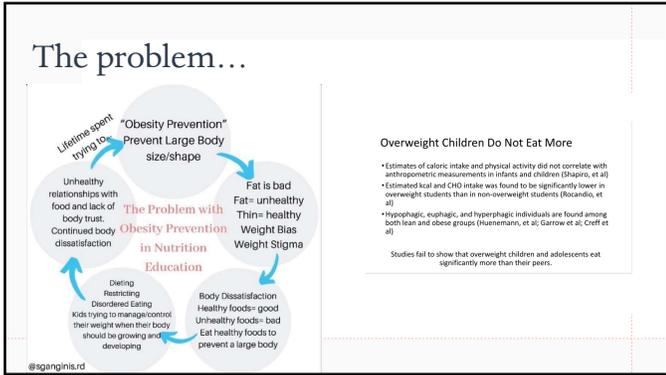
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## In My Body-Positive Environment

1. Diet Culture Radar
2. Identify and Undo Anti-Fat Bias
3. Feel our Feelings
4. Move joyfully
5. Don't judge food
6. Embrace an Inclusive Definition of Health
7. Respect Body Diversity and Genetics



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**INEFFECTIVE**

- Tracking-measuring-calories
- What to avoid or remove
- Good- Bad Food Morality
- Body sizes
- A food responsible for an illness- ex: sugar/diabetes
- Presents sugar and fat as harmful
- Only talks about fruit and vegetables

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Weight is a result of 108 variables. Many of those (like socioeconomics, genetics, race, environment, trauma, etc.) are beyond your control. Spend your energy on health behaviors that you can control instead of obsessing over an outcome that you can't.

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### A healthy relationship with food is:

- Flexible thinking around food
- Eating in attunement with your body's cues
- Allowing all foods you enjoy to fit without guilt
- Feeling emotionally neutral about all foods
- Eating from a place of *self care* instead of *restriction*

**OVER 100 STUDIES ON INTUITIVE EATING HAVE FOUND THE FOLLOWING BENEFITS:**

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### What is a healthy relationship with food?

**INSTEAD OF:** **FOCUS ON:**

**Nutrition Facts**

Serving size 1.13 cup (80g)

**Calories 160**

Total Fat 1g 2%

Total Sugar 1g 2%

**Nutrition Facts**

Serving size

**Sit down**

Enjoy the taste, smell, texture, and look of each bite

**Notice when you feel comfortably satisfied**

**Move on**

**Nutrition Facts**

Serving size: eating

Servings per container: depends

Nutrition facts panels don't know your life

They can't tell

How hungry you are

When you last ate

How satisfying you find a food

When you will eat again

How something tastes

How you feel emotionally

How filling a food is

Nutrition information exists in order for a product to make claims about its nutrition content. It doesn't know anything about your body, or how the context of the rest of your life.

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## Unhelpful Comments

- Maybe you could limit or avoid carbs or sugar
- Portion control your meals
- I'm sure there is a diet program that's good out there
- Its about self-control, just take a walk or drink water when a binge urge arises
- You can stop buying chips, ice-cream, cookies and it will get easier
- Keep your fridge stocked with fruits and veggies
- You look so amazing you lost a lot of weight!

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<b>S</b>	SPOT social media scams
<b>T</b>	THINK about your vision and why
<b>R</b>	RESPECT your body
<b>O</b>	OVERCOME obstacles
<b>N</b>	NOURISH rather than restrict
<b>G</b>	GROW your mindset to achieve goals

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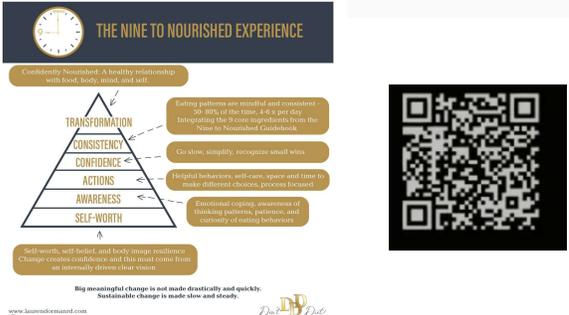
## Helpful Comments



- Use mindful eating skills (I have a great handout if you would like!)
- Tune into your hunger and fullness levels
- Try your best to not go longer than 4 hours without eating during the day
- Consume a variety of nutritious foods, but also joyful, less nutrient dense. A healthy diet includes both!
- Restriction /rules around food can create an out of control rebound effect
- The scale does not measure your success, there are other ways to track progress
- Focus on the journey and process, not the outcomes

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### THE NINE TO NOURISHED EXPERIENCE



Big meaningful change is not made drastically and quickly. Sustainable change is made slow and steady.

www.karensharman.com  
@karen\_dietitian  
#NineToNourished

DIETITIAN

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### Ingredients:

- 4 cups VISION
- 3 cups BELIEFS
- 2 cups SELF-LOVE
- 1 pint THINKING
- 3 tbs COPING
- 1/3 cup REGULATING
- 1 quart NOURISHMENT
- 1/2 cup MOVEMENT
- Pinch of EXPECTATIONS

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## UPGRADE

The most effective strategies, tools, and skills for physical, emotional, and mental well-being

A NEW lifelong skillset  
Long-term VISION

Bite-Sized Lessons

- Understand the spectrum of eating behaviors, healthy vs. disordered
- Navigating Diet Culture
- Healthy behaviors and habits
- Build skills: Spot Science Over Drama
- Self-worth, self-compassion, and self-care
- Building body image resilience
- Nervous system regulation, embodiment, and coping skills
- Mindset shifts (Mean inner critic)
- The link between diet and nutrition on stress, digestion, and energy
- A healthy relationship with food, body and self
- Creating satisfying meal and snack

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**Student feedback from my presentation:**

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*'Confused to Confident' gave me a better mindset about eating habits.*

---

*I gained a new outlook on my body and the foods I put into it.*

---

*Eating what feels good to you is important.*

---

*I have new ideas for balanced meals and snacks.*

---

*When it comes to nutrition and food, don't always believe what you see on social media.*

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- Carbs are important at all meals for energy and mood.
- Body checking is harmful. I have been trying to improve my self-image and fix my mindset.
- You don't have to cut out food groups.
- I feel I will have a more confident relationship with food after this presentation.
- I shouldn't feel bad or punish myself for eating a food that's labeled 'unhealthy.'
- Snacks can be made using 2-3 different food categories.
- It is important to balance your plate but not restrict it with labels.
- Focus on WHY I am eating the food.

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- Weight does not need to be a part of the message in order to motivate and encourage people to engage in health behavior change
- Rather than blaming and shaming peoples body size, we need to instead support and empower people to be healthy regardless of what body size they have

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## Let's Stay Connected!

Together, I will get a feel for where your students are at and help guide you on supporting those who have a difficult relationship with food and body.

**SCHOOLS, MASTER FOOD + MOOD**  
Elevate Eating + Emotional Well-Being

This will allow your students to *feel, perform, test, and focus their best* during the school day with the right support from all of you!

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## THANK YOU VERY MUCH!

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