

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

Lauren Dorman
schooldietitian@gmail.com
 @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

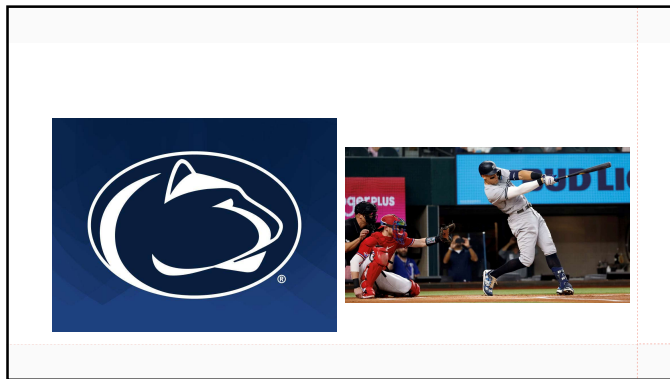
 There is unintentional stigma related to body weight and eating that takes place in our society and confusion on how to conceptualize 'body positivity' and being 'healthy.'

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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"

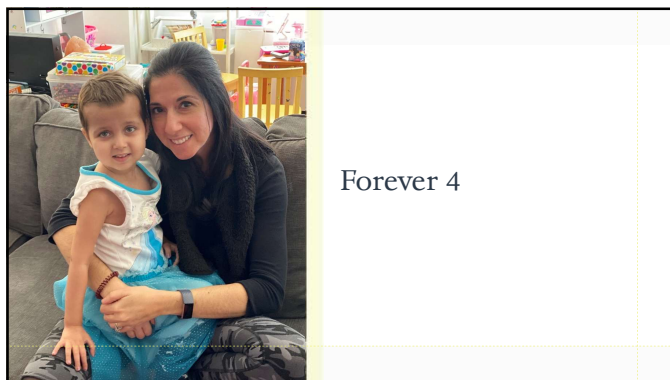


2018-2025 Compassionate,
Heart Centered, Trauma
Informed

I am emotion & thought focused. You are
the expert of your life.



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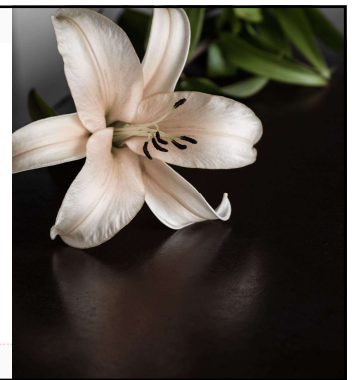


Forever 4

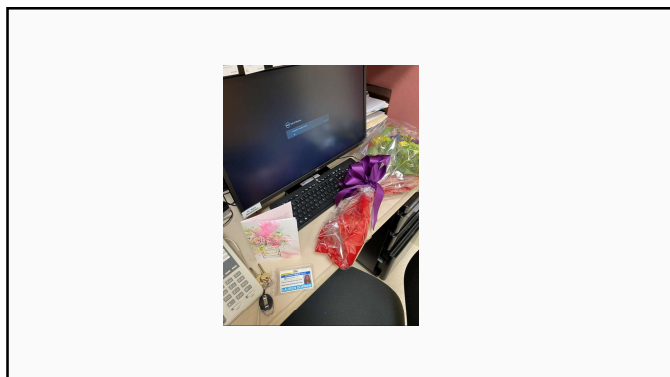
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Lily's Lessons

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



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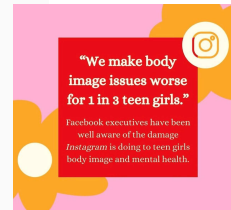
We used to have magazines and media

- 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

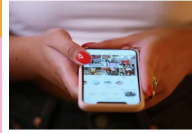


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And NOW Social media influence...

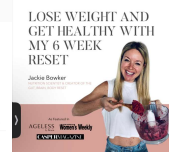


Many Teenagers Agreed That Social Media Has Been Harmful to Their Body Image and Self-Esteem.



Documents that Frances Hargreaves, a white-house consultant to The Wall Street Journal showed that Instagram made body image issues worse for one in three teenage girls. *Reuters*, *AGS*, *Los Angeles Times* for The New York Times

Social media greatly affects my body image. There are beautiful models 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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My patient is now at BMI 6.1. Age 22. She wants me to video document her, in her final days.

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20 comments

Care

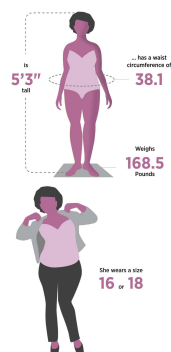
Comment

Send

Share

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The average American woman...



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



#sophiagracenutrition

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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?



"the social rejection and devaluation that accrues to those who do not comply with prevailing social norms of adequate body weight and shape." (Tomiyaama et al, 2018)



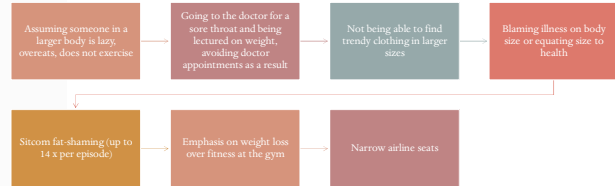
"Negative weight-related attitudes and beliefs manifested by stereotypes, rejection, and prejudice towards individuals because they are overweight or obese." (Puhl, et al 2008)



"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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Weight Stigma Feeds into Bullying



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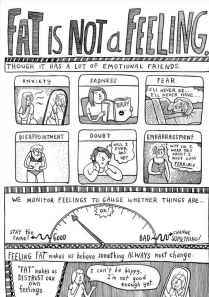


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The psychological and physical impact



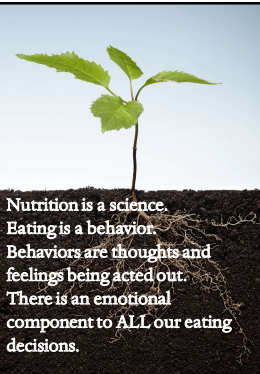
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Negative Self-Talk Patterns

- 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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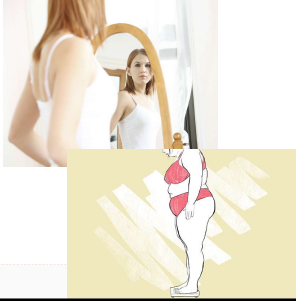


Root Level Causes of Food Struggles

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

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What is a Healthy Body Image?



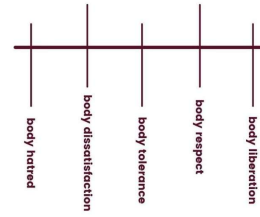
Not based on size

Influenced by individual and environmental factors

Inner talk begins to shift

Accept, appreciate, and respect their bodies

body image spectrum



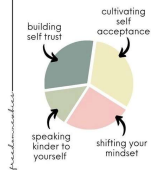
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what you think will fix your body image:



what will actually fix your body image:



<i>This</i>	<i>Not</i>
BODY IMAGE REFRAMES	
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 JUST FOR	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 it's 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.

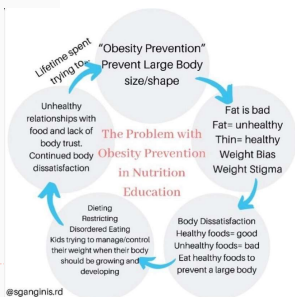
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In My Body-Positive Environment



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The problem...



Overweight Children Do Not Eat More

• Estimates of caloric intake and physical activity did not correlate with anthropometric measurements in infants and children (Shapiro, et al.)
 • Estimated kcal and CHO intake was found to be significantly lower in overweight students than in non-overweight students (Rocandio, et al.)
 • Hyperphagic, euphagic, and hyperphagic individuals are found among both lean and obese groups (Husrenmann, et al; Garrow et al; Cioffi et al.)
 • Studies fail to show that overweight children and adolescents eat significantly more than their peers.

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:

Nutrition Facts	
Serving size 1 1/2 cup (36g)	
Amount per serving	
Calories 160	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 5mg	1%
Sodium 10mg	2%
Total Carbohydrate 32g	10%
Dietary Fiber 1g	4%
Total Sugars 10g	20%
Total Added Sugars 10g	20%
Protein 1g	2%

FOCUS ON:

Nutrition Facts	
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 Trans Fat 0g 0%
 Cholesterol 5mg 1%
 Sodium 10mg 2%
 Total Carbohydrate 32g 10%
 Dietary Fiber 1g 4%
 Total Sugars 10g 20%
 Total Added Sugars 10g 20%
 Protein 1g 2%

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 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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EFFECTIVE

S	SPOT social media scams
T	THINK about your vision and why
R	RESPECT your body
O	OVERCOME obstacles
N	NOURISH rather than restrict
G	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

Consistency combined. A healthy relationship with food, body, mind, and self.

TRANSFORMATION
CONSISTENCY
CONFIDENCE
ACTIONS
AWARENESS
SELF-WORTH

Emotional coping, awareness of thinking patterns, patience, and capacity of eating behaviors

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

www.nourishednourished.com
@nourished_nutrition
@Nine to Nourished

DIETITIAN

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Ingredients:

- 4 cups VISION
- 3 cups BELIEFS
- 2 cups SELF-LOVE
- 1 pint THINKING
- 3 tbsp 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

- Build Media, Open Science Over Bites
- Understand the spectrum of eating behaviors healthy vs. disordered
- Nourishing Diet Culture
- Healthy behaviors and habits
- Self-worth, self-compassion, and self-care
- Building body image resilience
- Nervous system regulation, embodiment, and coping skills
- Mindset shifts
- The link between diet and nutrition on mood, digestion, and energy
- A healthy relationship with food, body and self
- Creating satisfying meal and snacks

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