Love Your Body Week
January 23th-27th

Love Your Body Week is a series of events designed to celebrate a positive body image, raise awareness of the impact of negative media messages, and promote self-acceptance as well as healthy behaviors and attitudes.

Meet, Eat, and Learn
Join us to hear Mary Askim-Loveseth share her knowledge about how beauty is affected by the media.

Wednesday, January 25th
12-1pm at the International Centre
Lunch Served
Everyone Welcome

Fabulous Chocolate Fondue and Art Display

Thursday, January 26th
11:00 am - 1:00 pm
Memorial Union, Main Floor
In Front of the Healthier You Office

Friday January 27th

Body Art
By Artist Kelly Smith

Laughing Yoga
By Sara Rogalla

Sponsored By: UND Health & Wellness Peer Education Office, UND Wellness Center, UND Women's Center
Cut and Hang; For your mirrors, walls, desk or to carry with you.

You Are Beautiful!

“Change How You See, Not How You Look.”

“Even the models we see in magazines wish they could look like their own images.”
~ Cheri K. Erdman.

“You are not your buttocks.”
~ Kaz Cooke
**How to Love Your Body**

Love Your Body Week is just around the corner. To help all of us see our bodies as beautiful works of art, Sarah Dahl, who is in the Clinical Psychology Doctoral Training Program at the University of North Dakota, gives some suggestions to help fight an unhealthy body image. She suggested that everyone should view themselves through the tips given from “The Body Project” program by Eric Stice and Katherine Presnell.

1. Stand in front of a mirror and write down all of you positive qualities, taking into account all aspects of yourself including social, emotional, and physical.

2. Make a pact with a friend or family member to only say positive things about your body and to catch each other when you make negative comments. Rephrase negative comments into positive ones. For example, "My arms are so fat" can be rephrased into "I love how my strong arms allowed me to help my friend move today."

3. Create a list of things women can do to fight against the thin ideal of feminine beauty perpetuated by American society. Choose one thing from the list to try (such as stop subscribing to fashion magazines).

4. Think about all of the things you do not do because of body image concerns. Make a list and challenge yourself to actually try one of the behaviors (e.g., going to the pool without a cover-up).

5. Accept compliments with a "Thank you" instead of trying to talk about how the compliment does not apply to you.

6. Keep a journal of all of the positive aspects of your body and how your body allowed you to do the things you love to do that day.

**Other Suggestions**

Sara Dahl also gives some of her own ideas to add to the list.

1. Watch a documentary such as "America the Beautiful" or "America the Beautiful 2" with friends. Have a discussion about where our idea of beauty comes from and how it impacts us.

2. Be careful of how you judge the bodies of others because that can impact how you judge your own body. For example, if you are quick to pick out the flaws of others that can make it easier to pick out flaws in yourself.

3. Compliment someone else, focusing on all aspects that can make a person beautiful, such as "your loving smile is so beautiful" or "you are a beautiful person for how you are so willing to help others."

4. Be careful not to fall into the trap of negatively talking about your bodies as a group of friends. E.g., "You think you look fat in your jeans, just look at me!"
With Love Your Body Week’s theme being “Love Your Body; You Are A Masterpiece,” it is important show everyone how their body is a beautiful work of art. We have incorporated artwork from students and turning your body into a literal piece of art with the body painting for Nightlife. To further this theme, here is a homemade henna recipe to try in your own home. This henna recipe is temporary and will last a few days to a week. You can pick any design that comes to your mind with any shape and size.

### Ingredients

- Black tea (in a bag)
- Eucalyptus essential oil
- Approximately 1 cup henna powder
- 1 teaspoon lemon juice
- 1 teaspoon ground cloves
- A baggie with the tip clipped or an icing bag to apply henna paste

### Recipe

1. Boil 2 inches of water in saucepan. Remove from heat and add the black tea bag. Let sit for several hours.
2. Add a few drops of eucalyptus oil let sit overnight.
3. Heat the mixture up until it is warm. Then add the henna powder and cloves until it is a thin paste similar to yogurt. Continue stirring.
4. Add lemon juice and water until it is the consistency of toothpaste.

### Instructions

1. Put the paste in a sealed container. It is good for 2 days.
2. Clean your hand and begin painting the design on. An icing bag is a great way to apply the paste. Let sit for an hour, then brush off paste.

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