



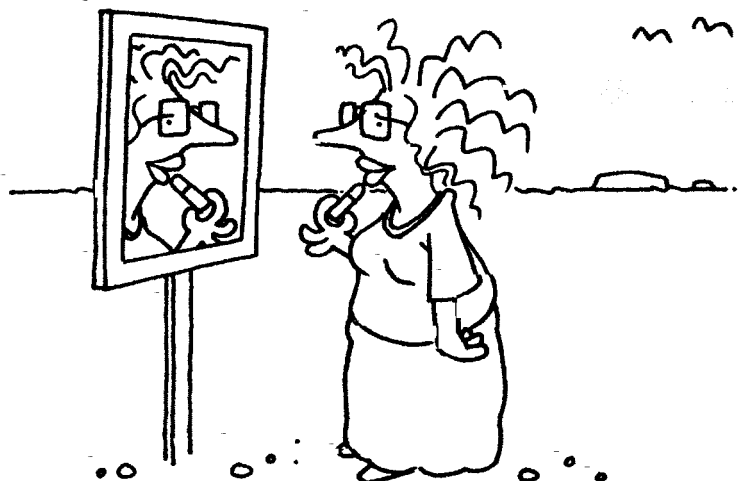
# Info-Link Sheet

## Body Image

Women's Information  
and Referral Service

1800 817 227

Older Women Out There is a wellness project for women living in rural and remote areas. It is coordinated by NSW Agriculture's Rural Women's Network and funded by the NSW Department of Health



### Beautiful

*Each one of you is beautiful  
in your own special way,  
The beauty of a woman  
is not in the clothes she wears,*

*The figure she carries,  
or the way she combs her hair.*

*The beauty of a woman  
must be seen in her eyes,  
because that is the doorway to her  
heart - the place where love  
resides.*

*The beauty of a woman  
is not in a facial mole,  
But true beauty of a woman  
is reflected in her soul.*

*It is the caring she lovingly gives,  
the passion that she shows  
and the beauty of a woman with  
passing years - only grows!*

~ Author Unknown

When you look in the mirror, what do you see? When you walk past a glass shop front and catch a glimpse of your body, what do you notice first? Do you see something you like, something you are proud of, something you ultimately were born with and will live with happily?

(from a Health Promotion site on the Internet)

***'Self esteem is self authority,  
dignity, pride, awareness,  
calmness, the pursuit of dreams, a  
sense of achievement, a twinkle in  
the eye, the living of life.'***

~ Body Shop

### Feeling good about who you are!

High self-esteem is important for a healthy, balanced lifestyle. So it's time to smile back at that image in the mirror and value all the wonderful characteristics about the person reflected there!

### Try these simple tips to get you feeling good about yourself:

1. Recognise your special qualities (not including your physical traits) eg. artistic, honest, kind
2. Put your body back together. Appreciate every part of your body for what it does and how it works. Try some stretching or yoga for something different.
3. Remember the kid inside yourself. Give yourself permission not to be perfect. Remember to nurture yourself and laugh a little.

4. Enjoy your food. Eating is pleasurable and also gives us energy. If you allow yourself to enjoy some of the food you like you'll be less likely to overeat.
5. Indulge in body pleasures. Get a massage, take a long hot bath.
6. Speak positively. It's amazing how often we put ourselves down throughout the day.
7. See the world realistically. Don't compare yourself to others.
8. Be active. Movement and exercise can make you and your body feel terrific! Not only does exercise help boost your mood it stimulates your muscles making you feel more alive and connected to your body.
9. Thrive! Living well will help you feel better about who you are and how you look.
10. Remember - you are a unique, amazing person - don't forget it!

(Information taken from the New Health Thrive On-line website)



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