

ZOOMING OUT – BODY FUNCTION BEYOND APPEARANCE

It is not uncommon to fixate on parts of your body that you dislike while completely ignoring other parts of your body, and more importantly, how your body shows up for you every day. Your body is so much more than how it looks. Your body is your home. It moves you from point A to B and beyond each day. It has the power of comforting a loved one with an embrace, soaking up the warm sun and playing your favourite instrument. Examining the bigger picture refers to moving away from solely considering your body in terms of how it looks, and reflecting on what it does. You exist to serve a purpose that extends far beyond looking a certain way.

Think about a part of your body that you don't normally dwell on or judge. Consider how this body part plays a role in your everyday functions. Examples:

- Big toes → Allow you to balance, therefore stand and walk each day
- Hands → Allow you to interact with the world
- Eyes & ears → Allow for empathetic communication with those you interact with each day
- Internal organs → Allow you to live, breathe, think, move, eat/drink, digest, sleep
- [Insert body part] → [Insert how this body part serves you each day]

Instructions: Once in the morning and once in the evening, challenge yourself to write down one body functional statement, focusing on how that body part plays a role in your everyday life. Continue this practice for 14 days and then complete the final activity reflection. You can use the included sheets for this activity, or write your reflections in your personal journal.



DAY ONE: MORNING

DAY TWO: MORNING

DAY THREE: MORNING

DAY FOUR: MORNING

DAY FIVE: MORNING

DAY SIX: MORNING

DAY ONE: EVENING

DAY TWO: EVENING

DAY THREE: EVENING

DAY FOUR: EVENING

DAY FIVE: EVENING

DAY SIX: EVENING





DAY SEVEN: MORNING

DAY EIGHT: MORNING

DAY NINE: MORNING

DAY TEN: MORNING

DAY ELEVEN: MORNING

DAY TWELVE: MORNING

DAY SEVEN: EVENING

DAY EIGHT: EVENING

DAY NINE: EVENING

DAY TEN: EVENING

DAY ELEVEN: EVENING

DAY TWELVE: EVENING





DAY THIRTEEN: MORNING

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DAY THIRTEEN: EVENING

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DAY FOURTEEN: MORNING

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DAY FOURTEEN: EVENING

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REFLECTION

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WHAT WAS IT LIKE TO FOCUS ON OTHER AREAS OF YOUR BODY THAT YOU MAY NOT HAVE NORMALLY LOOKED AT/ CONSIDERED?

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WHAT ARE YOUR THOUGHTS ABOUT HOW YOUR BODY SHOWS UP FOR YOU DAILY?

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HOW HAS YOUR VIEW OF YOUR BODY CHANGED? DO YOU FEEL YOU HAVE CULTIVATED A GREATER APPRECIATION FOR YOUR BODY BEYOND APPEARANCE?

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