

Creative Therapies with LaTianna

Body Love: Mindfulness for a Better Body Image



A big big thank you!

May this resource bring about a change in how you see your body, and see yourself... because... YOU ARE WORTH IT! For more services, see www.latianna.com to learn about how you can redesign your life using therapy and the dramatic arts.

#1) Meditation Script

Imagine the Love

"LOVE IS PATIENT. LOVE IS KIND. "

- APOSTLE PAUL

DIRECTIONS: Find a calming place where you can lay down on your back to be in a comfortable position. Close your eyes and begin to use deep breathing (inhale with the nose, exhale with the mouth). Try it in different beats (example: Inhale 1, 2, 3.... Exhale 1, 2, 3; move on to a longer amount of inhaling and exhaling beats).

Once you control your breathing and you are attuned to the present moment, notice your 5 senses. Start off 1 at a time. Here are some example prompts.

- **Auditory:** In the silence what do you hear? Do you hear your stomach growling? Do you hear your neighbor next door, the street cars outside, the sound of a cricket, etc?
- **Olfactory:** What do you smell right now in the moment?
- **Touch:** What is the room temperature? What do you feel on the inside (heartbeat, stomach growling). Identify different body parts starting from the toes, and making your way up to your hair.
- **Sight:** What images are coming to your mind? Shapes, colors, scenery, etc.
- **Taste:** It is hard to taste, especially if you did not eat right before doing this exercise, but think about the condition of your mouth. Is it dry or slimy? Take note of it.

Now that you are warmed up. Think about yourself. Think about all the good things about you and deflect all the negative. Continue taking deep breaths. Inhale and as you exhale, speak life over yourself with any affirmation you wish to say. Here are some examples:

- May I live a long healthy life. Mind. Body. Soul. Spirit.
- May love overwhelm my body.
- May joy consume me.
- May all thoughts about my body be good, loving, and healthy.
- ** You can add other statements that fit your needs**

#2) Positive Psychology Tool

A Sacrifice of Gratitude

We can only be said to be alive in those moments when our hearts are conscious of our treasures."

- Thornton Wilder

DIRECTIONS: Get a journal or use a word document. At the end of each day, list 3 things you love about your body, and 3 things your body did for you! When you set your mind on things that went well, you focus less on what went wrong. Keeping this mindset will create an attitude of gratitude and enhance your quality of life and body image. Challenge yourself and try it for week. Identify any changes in your emotional health. Make a plan to do this on a weekly basis. Some people do it daily, and others may do it a few times a week.

This is an activity technique by Martin E.P. Seligman, Ph.D.. and it has been used in research to help individuals who suffer from depression. Positive psychology was created based on wanting to look at client's strengths, rather than 'what is wrong' with them. They look at the pleasant life, the engagement life, and the meaningful life. Dr. Martin was influenced by Aaron T. Beck and his cognitive techniques and exercises. It was found that journaling for five minutes a day about what we are grateful for can enhance our **long-term happiness** by over 10% (Emmons & McCullough, 2003; Seligman, Steen, Park, & Peterson, 2005).

For more information on positive psychology , check out this great resources:

<https://ppc.sas.upenn.edu/our-mission>

<https://positivepsychologyprogram.com/what-is-positive-psychology/>

#3) Meditation & Drama Therapy Tool:

Mirror Mirror Monologue

“For now we see in a mirror dimly, but then face to face; now I know in part, but then I will know fully just as I also have been fully known.”

- an apostle named Paul

“Act before you think - your instincts are more honest than your thoughts.”

“Every little moment has a meaning all its own.”

- Sanford Meisner

INTRO: Get ready to face yourself. It may be uncomfortable to speak to yourself using a mirror, but the more you do it, the more you are building self acceptance. If you focus on the mirror face to face with self-love and compassion, you begin to see clearly. You get to know more about yourself and make yourself known to the world around you.

- 1) Find a comfortable place to sit with a hand-held mirror (Buy from 99 cent store).
- 2) Take a moment and look at yourself in the mirror.
- 3) Notice what your inner voice says about yourself. For mindfulness, search the good things about you that brings life.
- 4) Start off with 1 affirmation and speak straight into the mirror without looking away. Repeat it. Let it sit. Live off of the impulse. Identify any senses that are heightened. You become truthful within your current mirror scene as you focus with intention. Search for the treasures within you. You are the director of this scene. You can either pre-plan a script of affirmations or use improv. & go with the flow.
- 5) Affirmation examples: “I am love.” “Beautiful eyes.” “Look at that smile, I love the way it lights up a room.”
- 6) Closure: De-Role (shake it off). The affirmation that resonated with you the most can be kept in mindfulness with you for the remainder of the day.