



# IN HONOR OF WOMEN

A 4 WEEK FOCUS ON EMPOWERMENT WITH EPL

LEARN, REFLECT, SHARE, AND GROW

## MAY

S	M	T	W	T	F	S
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26				

### How This Will Work

**Learn:** Over 4 weeks we will engage with empowering resources as we work to better care for ourselves and others who identify as girls and women.

**Reflect:** After engaging with each week's resources, journal about anything that resonated with you or challenged you.

**Share:** Find another participant to partner with and share ideas- ideally, a woman and one or two girls should work together. You can also form a small group to talk over the information and process with. (Participants will be invited to a larger guided virtual chat led by two EPL children's staff who previously led Girls Be Heard workshops at the end of week 4).

**Grow:** Be open to the experience, to one another, and to growing your ability to nurture and support yourself.

### Week 3: Encouraging Positive Body Image in Ourselves and Others

"Bodies come in all different forms and abilities...All bodies are good bodies...There is no one size, ability, or color that is perfect. What makes you different makes you, you--and you are amazing."

-- Jessica Sanders, author of "Love Your Body"

What is your reaction to this quote? Do you agree? Do you agree with this statement as it relates to others but not yourself? Or maybe it depends on the day. Whatever reaction you have to the quote, you have a body image.

Body image is:

"...the perception we have of our bodies as well as the attitudes and feelings we have towards our physical appearance." Dr. Vivienne Lewis (No Body's Perfect)

[Read chapter 1 & 2 of \*No Body's Perfect\* on Hoopla](#)

The great thing about body image is we can change it! It's about our perception. We can go from having a negative one to a positive one! Here are just a few ideas to get you started- Try making a list of things your body does for you, as well as activities you enjoy doing and the way your body helps you do them. Ask someone who cares about you what qualities they appreciate in you and write them down. Come up with a positive mantra to say to yourself if your mind is sending you mean thoughts about your body.

[Listen to the read aloud of \*Love Your Body\*](#)

