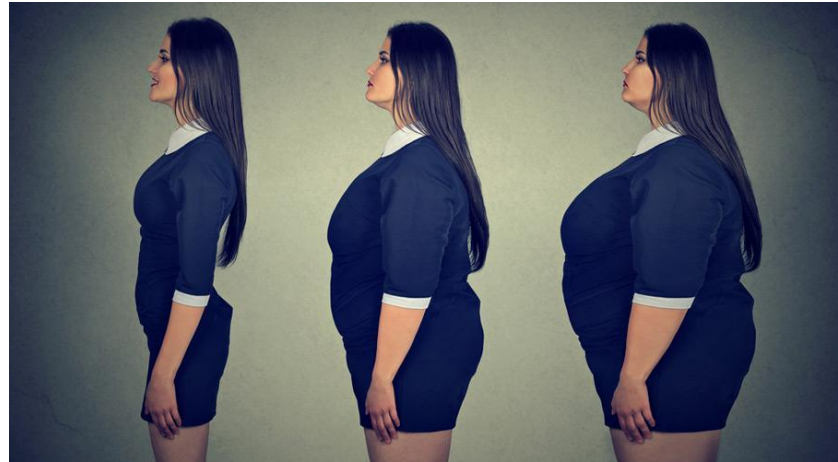


Body Shaming

By
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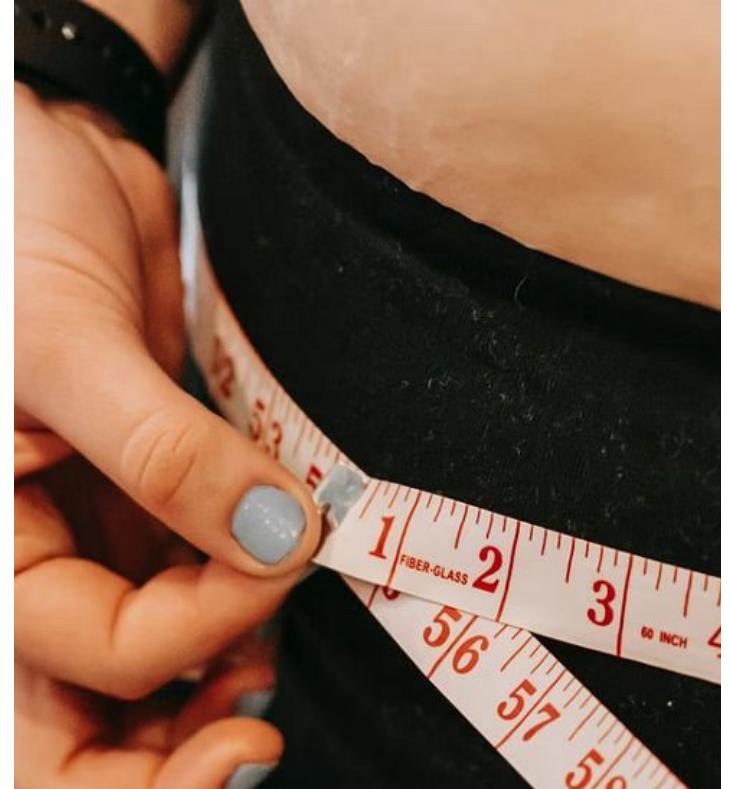


LEVERAGING PEOPLE FOR TOMORROW...

What is Body Shaming

Body shaming involves **humiliating someone by making inappropriate or negative comments about their body size or shape.** As well as “fat shaming,” you may also hear negative comments if you're underweight or in reference to a specific body part

This type of criticism can be made to others or yourself

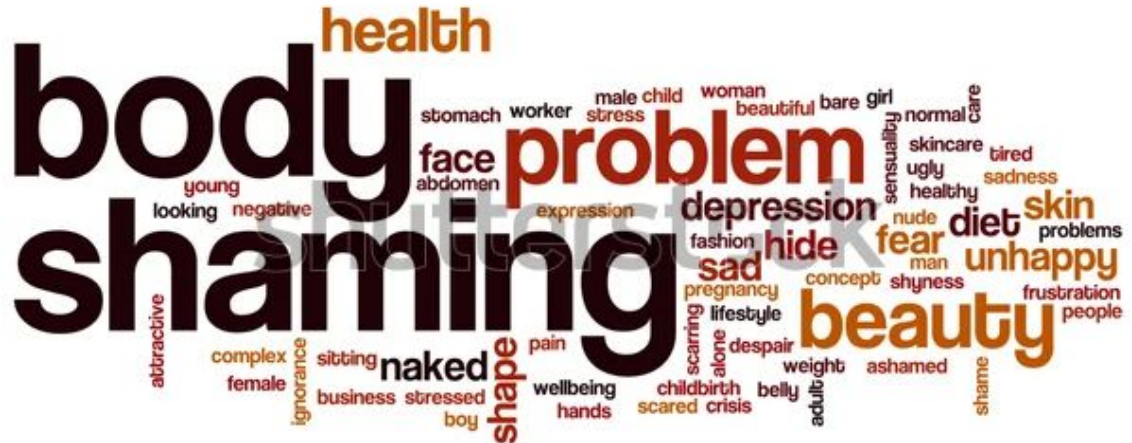


Body Shaming

Body Shaming is the action or practice of mocking or stigmatizing someone by making Critical comment about the shape, size or appearance of the body

Types of Shaming:

- Fat Shaming
- Skin Colour Shaming
- Skinny Shaming
- Height Shaming



Fat Shaming...



Fat Shaming:

“The action of mocking and criticizing others and judging them to be fat or overweight”

Skin Color Shaming...



Skin color Shaming:

“The action of Criticizing someone on the basis of their skin color”

Too
dark

Too
fair

perf
ect

Skinny Shaming...



Skinny Shaming:

“Skinny shaming is mocking someone because they are under weight “

Heights Shaming...



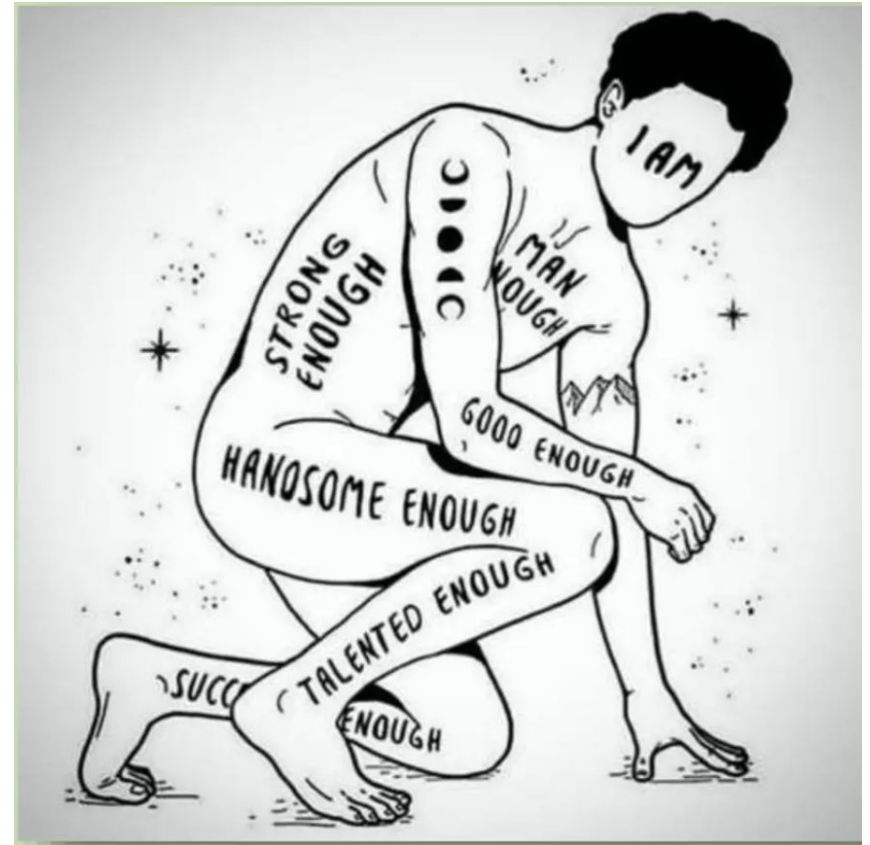
Height Shaming:

“The action of mocking someone on the basis of their height”

Body Shaming....

It is not that only women face body shaming even men also body shaming

They are mocked due to lack of muscles or not being handsome or hairiness issues



Why do people body shame others....

- They have insecurities of their own
- They think themselves as perfect person
- They think there is a standard of perfect bodies



Body shaming leads to



Different Eating disorders

- Bulimia
- Anorexia

Mental Disorders

- Anxiety
- Depression
- Reduction of Self Esteem
- Fear of Public Appearance

What shame does to Brain....

When faced with shame, the brain reacts as if it were facing physical danger and **activates the sympathetic nervous system generating the flight/fight/freeze response.**

The flight response triggers the feeling of needing to disappear, and children who have this response will try to become invisible



We must stop Body Shaming....

No matter how this manifests, body shaming often leads to comparison and shame, and perpetuates the idea that people should be judged mainly for their physical features



Affects of Body Shaming



Shame brings with it a subjective sense of time slowing down which serves to magnify anything that occurs during a state of shame

It also is accompanied by **intensified feedback from all perceptual modalities, particularly autonomic reactions such as blushing, sweating, and increased heart rate**

How can we help stop body shaming....

- Stand up for the victim
- Try to convince body shamer that they are doing wrong
- Say, I am not ready to discuss this with you right now
- If one see's online body shaming report the matter to concerned authorities



Normalize normal body

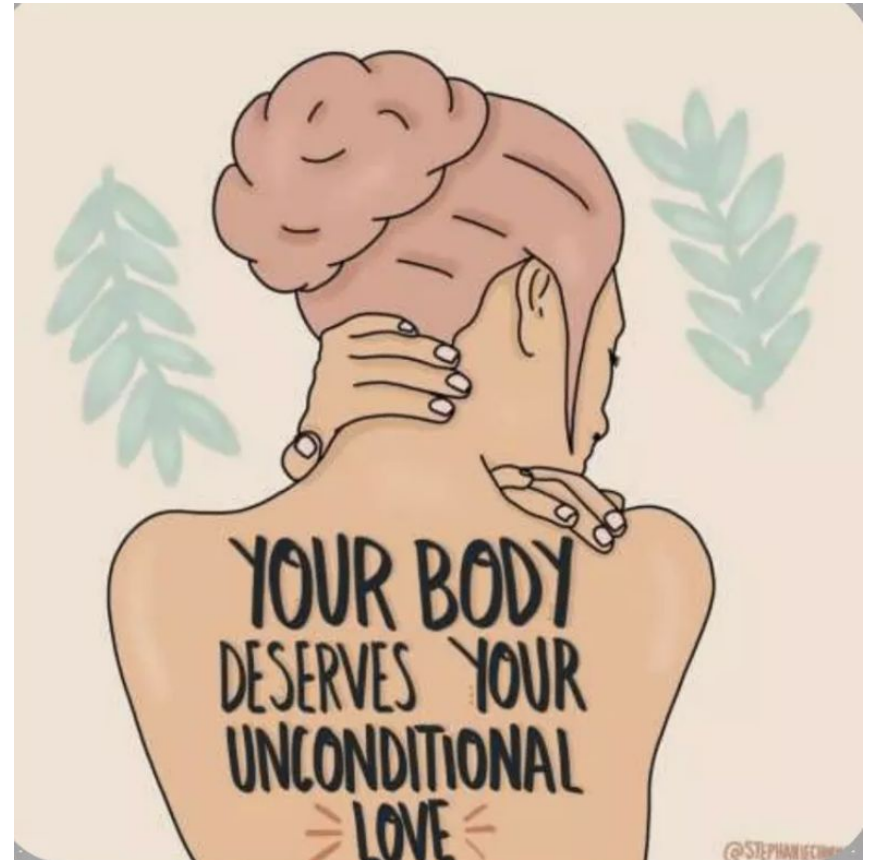


A normal body is one that is
abled , disabled , fat, skinny,
short tall has acne, scars,
cellulite or no blemishes at all,
has muscles or no muscles at all

A normal body can have a
health issues or not at all

Ways to handle body shaming....

- Take your time to respond
- Don't take it personally
- Get out the situation quickly
- Understand the other person motivation
- Know that you are not alone
- Be careful about retaliating
- Find a way to move forward



Help friends struggling Body Shaming...

- Compliment them on something not related to their body...
- Ask them about other things going on in their life...
- Reframe and challenge negative thoughts...
- Follow encouraging and positive social media ...
- Practice self care together ...
- Listen non-judgementally ...
- Know your resources



Use Words of Encouragement...

- You are beautiful no matter what any other person says
- If someone do body shame, you know that they are either jealous or insecure about themselves
- Stomach rolls are normal, Stretch marks are natural, Scars are beautiful
- You choose yourself, how you look, feel and express yourself
- Your body was made for you, uniquely an especially for you
- You are really beautiful
- Flap Society standards of normal & beautiful

Remember that there are people who love you... Know your worth

Love your body....



Let us get going



Ordinary people can deliver extraordinary performance





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