

BodyMind Initiative

Creating Healthy Minds and Healthy Bodies

Volume 3, Issue 1

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Loving Yourself Inside and Out

Self-esteem and body image are issues that seem to either have a positive or negative effect on adolescents and adults. We hear ourselves or people close to us say, "I'm fat. I'm too skinny. I'd be happy if I were taller, shorter, had curly hair, straight hair, a smaller nose, bigger muscles, longer legs."

WHY ARE BODY IMAGE AND SELF-ESTEEM IMPORTANT?

When we have high self-esteem, we tend to feel more confident and comfortable in our own skin. We aren't afraid to make new friends or try new things. Our body image - the way we see ourselves physically - is directly connected to our self-esteem, which will most likely be low if we have a negative body image. But if we think positively and accept ourselves for who we are physically, our self-esteem will most likely be high.

DO BOYS AND GIRLS DIFFER WHEN IT COMES TO BODY IMAGE?

Not exactly. Boys and girls both have negative body image issues. Boys tend to keep things in and not seek support from their friends or family. Girls are more vocal and willing to talk to friends or family about their feelings and look for support. Adolescents naturally observe their friends' growth and development, so it's

easy to begin to compare and analyze. It's important to



remember that everyone is different, and not everyone grows and develops at the same time or rate.

WHAT ARE THE EFFECTS OF THE MEDIA?

The media greatly influences the way people perceive themselves. Girls and women have been the focus of the media for decades. From television to magazines, the emphasis on the perfect body has affected the way we view ourselves inside and out. The media has begun to target men and boys more than ever with an emphasis on the muscular physique.

PARENT'S POSITIVE INFLUENCE

Believe it or not, children look up to their parents and guardians. Parents can greatly influence the way their children view themselves

physically, which is connected to their level of self-esteem. Here are a few tips on how to strengthen your child's body image:

- Accept them for who they are. Understand that as they grow and mature, they will most likely grow out of their insecurities.
 - Give them lots of compliments, most importantly about their qualities, but also include physical appearances.
 - Discuss the meaning of appearance. This could include what their clothing choices may be portraying.
 - Be a positive role model. Talk about what your body can do, not just how it looks. Surrounding your child with a healthy environment will help them to create a healthy self-image.
- (Adapted from kidshealth.org)

Sponsored by Covenant Health System and The Center for Prevention and Resiliency at Texas Tech University

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The BodyMind Initiative is a partnership between Covenant Health System and the Center for Prevention and Resiliency at Texas Tech University. Our primary goal is to develop and implement a prevention and intervention program that will impact childhood health and wellness within the community. Program delivery includes a curriculum offered within the schools that focuses on resilience, self-care, and wellness, as well as a family component that emphasizes parent support and family education. The BodyMind Initiative hopes to partner with you to make a difference in our community by creating healthy minds and healthy bodies.

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Meet the Team: Linn's THOUGHTS on Love and Self- Care

Why is it that we put ourselves at the bottom of the list when it comes to love and concern?

The keystone of our arch is self-care and love of self. One of the analogies that we use in our curriculum deals with flying on an airplane. The flight attendant gives instructions and says, "Should we lose cabin pressure, the oxygen masks will drop down. If you are traveling with a young child or an elderly person, put your mask on first then help those traveling with you."

If you spent time trying to help them first, you would be oxygen deprived and would be of no help at all. What this teaches us is that by taking care of ourselves first, we are better able to care for others. Self-care or love of self is not selfish.

Whitney Houston recorded a song, "The Greatest Love of All." My favorite lyrics in that song are:

The greatest love of all is happening to me.

I found the greatest love of all inside of me.

The greatest love of all is easy to achieve.

Learning to love yourself is the greatest love of all.

PARENT POINTERS: A SURVIVAL GUIDE FOR TALKING TO TEENS

IDENTIFY SIGNIFICANT TRANSITIONS

There are many significant life events and transitions that take place during adolescence. What's important to one teen may not be as important to the next (i.e. turning 16, getting your first job, getting your driver's license, etc.). So, identify with what matters most and be sure to celebrate these important life event with them.

LISTEN FIRST, SPEAK SECOND

Listening is key to building and maintaining a healthy, open, and respectful relationship with your teen. When your teen wants or needs to talk, stop what you are doing and pay attention by maintaining eye contact and affirming that you are listening. Hear them out and don't be quick to judge; teens often need to talk it out and solve the problem themselves. If your teen is reluctant to talk, ask open-ended questions that require more than a 'yes or no' response and frame the questions in a positive manner. Instead of, "How was school today," try, "Tell me something good that happened today." When the answer is "nothing," help the teen to find something good, even if it as simple as, "you made it through the day."

PICK YOUR BATTLES

Too many rules can overwhelm anyone, so it is always a good idea for a parent to limit the number of rules, especially for adolescents. Challenging rules is an essential part of developmental growth and learning boundaries. Teens need to know what their boundaries are, but if there are

too many, teens will often give up and create their own. Have a few rules and stick to them. Eliciting the teen's feedback into creating the rules and consequences for breaking the rules often helps to create "buy in" from both the teen and the parent. Don't forget to follow through, teens lose respect for their parents when they don't follow through.

LIVE BY THE "GOLDEN RULE": Treat YOUR TEENS as You want TO BE Treated

This will not only build a respectful relationship, but will foster positive growth in your teen. When an adolescent feels respected, they begin to grow respect for themselves, which fosters positive behavior. Be a role model of respect to yourself and others in your friendships, professional, family, and romantic relationships. This will show your teen how to have successful relationships.

Create a "Safe Zone" FOR asking Questions

Adolescents have a lot of questions, and they will seek answers. If they can't get them from a trusted adult, they will turn to peers who may give misguided or uninformed advice. Create a "safe zone" by allowing your kids to ask the "I have a friend with a problem..." scenario, where the rules are that you can't ask for more details than they are willing to give you. This is often very scary for parents, but works very well in practice.

Adapted from Depelchin Children's Center



Food Funny

Thanks...but you know I'm supposed to be sticking to a calcium-rich diet...

That's why I got milk chocolate.

Menu Makeover

PARMESAN CHICKEN STRIPS



Serves 4

- 1-1/2 pounds chicken tenders
- 1/3 Cup Italian-style bread crumbs
- 1/4 Cup grated Parmesan cheese
- 1 Tbs. finely chopped fresh parsley (or 1 tsp. dried parsley)
- 1/4 Cup zesty Italian salad dressing

Preheat the oven to 425 degrees.

Use tongs to place the chicken in a sealable plastic bag. Use the flat side of a meat mallet to pound the chicken to 1/4-inch thick.

Combine the bread crumbs, Parmesan cheese, and parsley in a sealable plastic bag and shake to mix well. Pour the salad dressing in to a small bowl. Dip each chicken tender into the salad dressing using tongs. Place each in the bread crumb mixture and shake to coat evenly. Spray a foil-lined baking sheet with cooking spray and arrange the chicken on the baking sheet. Bake for 20-25 minutes or until golden brown. Serve with your favorite pasta sauce or Italian salad dressing.

(Adapted from Family Magazine)

GALLOPING GOOD EGGPLANT

Serves 4

- 1 Cup eggplant, diced
- 1 Cup fresh mushrooms, diced
- 1 1/2 Cup fresh tomatoes, chopped
- 1 1/2 Oz. mozzarella cheese (2 string cheese sticks)



Spray skillet with cooking oil. Saute eggplant, mushrooms, and tomatoes in a skillet until tender but cooked. Drain off extra juice and top with shredded or 'peeled' cheese and let melt.

(Adapted from Cool Fuel for Kids)

EASY GARLIC BREAD

Serves 4

- 1/2 loaf French or Italian bread
- 2 Tbs. butter, softened
- Garlic powder
- Fresh or dried parsley

Cut french bread in half length-wise, and spread each half with 1 Tbs. of butter. Sprinkle with garlic powder and place under broiler until golden brown. Cut each piece in half width-wise to make 4 slices.

Nutrition Information (2 chicken tenders, 3/4 cup eggplant, 1 slice garlic bread):
485 cal, 15g fat, 36g protein, 48g carbs
PCF (30% protein, 40% carbs, 30% fat)

coming
soon!

FEBRUARY

26

Express Yourself - YWL
8th Graders

MARCH

24

Inner Beauty Kings and
Queens - CTK

26

Miss Inner Beauty - YWL

15-19

Spring Break - YWL &
CTK

LUBBOCK LIVING: Upcoming Events

These new volunteer orientations are one-hour sessions that are free and open to anyone in the Lubbock area who would like to learn more about community needs, explore where they can serve, and discover how they can make an impact by volunteering. Individuals, groups, and families are welcome. Anyone interested will need to RSVP by visiting www.volunteerlubbock.org and clicking on "Volunteer Connection." From there, search for the date of your choice and RSVP online.

Upcoming orientations:

Saturday, February 20
10:00am to 11:00am

Saturday, March 13
10:00am to 11:00am

Let's Get PHYSICAL: Be Your Own Top Chef



Our students at Christ the King Cathedral School enjoyed our "Be Your Own Top Chef" activity. They made fruit parfaits "The PCF Way," and had a taste testing activity to identify the four types of taste receptors. This taught students to take pleasure in the eating experience.



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