



HOW TO LOVE YOURSELFIE

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Workbook References

LOVE YOURSELFIE

Tab 1: Challenge “Ideal” Body Image

Strengthening Realistic Body Image

Whether we’re conscious of it or not, most of us believe there is some sort of “ideal” body and strive to achieve it.

Dove. (2018, June 29). New Dove research finds beauty pressures up, and women and girls calling for change. <https://www.prnewswire.com/news-releases/new-dove-research-finds-beauty-pressures-up-and-women-and-girls-calling-for-change-583743391.html>



Tab 3: Notice Underrepresentation Diversifying My Media Feed(s)

One-thousand American social media users aged 16 to 34 were surveyed, the majority said they followed social media influencers who were similar to themselves (for example, age, gender, race, and lifestyle). By comparison, only 130 reported following influencers who were different from them.

<https://www.statista.com/statistics/1274979/us-social-media-users-attitudes-influencers-similar-demographics/>

Tab 4: Advocate for Real Bodies Online Accepting Size Diversity

There's an interesting video on YouTube by the Association of Size Diversity and Health called "The Problem with Poodle Science." The short film brings to light that under the umbrella term "dogs," different breeds with naturally distinct physiques and requirements for health exist. It makes logical sense that a bullmastiff that loses enough pounds to weigh the same as a poodle is not a fit bullmastiff; it's a starved bullmastiff. Not everyone is supposed to be in a poodle's weight range, especially if you're a Chihuahua or a Great Dane. However, that's far from the message that permeates Western society.

Association for Size Diversity and Health. (2015). Poodle Science [video].

<https://www.youtube.com/watch?v=H89QQfXtc-k>

"Body mass index (BMI) was developed by a mathematician based on his concept of "the average man." It was not created to consider differences across ethnic groups, race, gender, age, fitness levels, or the proportions of bone, muscle, and fat in the body."

- Excerpt from 30+ Truths About Diet Culture, Eating Disorders, and the Process of Healing by Dr. Gia Marson, PsyD., Ed.D.

Tab 5: Question "Health" Messages Healthy Eating is Different for Each of Us!

Eating is one of the most natural things we can do. Yet many of us apply unnatural rules to the way we eat. Our culture idealizes appearances, certain body shapes, dieting, and weight limits as part of a "healthy" life. The result is that most of us have unwittingly developed a dieting mindset. This means that we are constantly thinking about what we "should" be eating while also feeling deprived by what we're not eating.

- What is intuitive eating? Intuitive eating helps you to exert positive control over your eating habits by eating in sync with your body’s built-in cues; choosing foods based on energy, nutrition, taste, and satisfaction; and giving up external rules about food.
- What is mindful eating? Mindful eating helps you to change negative self-judgments to compassionate self-talk so that you may empower yourself to pause before making choices about food.

<https://drjamiarson.com/clinical-services/healthy-intentional-and-intuitive-eating/>

Following someone else’s plan for how we “should” eat can dull our ability to listen to our body’s signals (e.g., cravings, hunger/fullness).

Science backs that weight loss diets fail in the long run most of the time. (Did you catch that? They fail, you don’t.)

Anderson, J. W., Konz, E. C., Frederich, R. C., & Wood, C. L. (2001). Long-term weight-loss maintenance: A meta-analysis of US studies. *American Journal of Clinical Nutrition*, 74(5), 579-584.

Mann, T., Tomiyama, A. J., Westling, E., Lew, A.-M., Samuels, B., & Chatman, J. (2007). Medicare's search for effective obesity treatments: Diets are not the answer. *American Psychologist*, 62(3), 220-233.

<https://www.apa.org/science/about/psa/2018/05/calorie-deprivation>

Quinn, D. M., Puhl, R. M., & Reinka, M. A. (2020). Trying again (and again): Weight cycling and depressive symptoms in U.S. adults. *PLOS ONE*, 15(9), e0239004.

Overly “healthy” diets and food plans can end up making someone malnourished, which is the opposite of healthy.

Cena, H., Barthels, F., Cuzzolaro, M., Bratman, S., Brytek-Matera, A., Dunn, T., Varga, M., Missbach, B., & Donini, L. M. (2019). Definition and diagnostic criteria for orthorexia nervosa: a narrative review of the literature. *Eating and Weight Disorders*, 24(2), 209-246.

EXPLORE YOURSELFIE

Tab 2: Find a Way to Own “I’m Enough”

Letting Go of Comparison

Repeatedly, science backs that “upward” comparing ourselves to others on social media can decrease (even tank!) our self-esteem—which then leads to lower life satisfaction. And if you're comparing, for example, the “perfect” life someone else shows as their “everyday life” to your real-life “everyday life,” that’s probably an “upward” comparison. No matter how spontaneous, natural, or in the moment they make theirs *look*, there’s a

strong chance that their shot or video is, in reality, planned, unnatural, and not at all in the moment.

Wang, J. L., Wang, H. Z., Gaskin, J., & Hawk, S. (2017). The mediating roles of upward social comparison and self-esteem and the moderating role of social comparison orientation in the association between social networking site usage and subjective well-being. *Frontiers in Psychology*, 8, 771.
<https://doi.org/10.3389/fpsyg.2017.00771>

Tab 3: Expanding Self-care

Noticing How Different Sites Affect Me

<https://www.mindsoother.com/blog/social-media-self-care#:~:text=Social%20media%20can%20affect%20our,negative%20effects%20of%20social%20media>

Tab 4: Assess Social Media's Place in My Life

Checking Out My Online Routines

According to the Meta "Whistle Blower" Frances Haugen, social media companies purposely suck us down the rabbit hole for their benefit, not ours.

"As these young women begin to consume this eating disorder content, they get more and more depressed," Frances Haugen said. "And it actually makes them use the app more. And so, they end up in this feedback cycle where they hate their bodies more and more." – Frances Haugen

60 Minutes https://www.youtube.com/watch?v=oT2sMDCW_2k

HELP YOURSELFIE

Tab 1: Practice Self-Compassion

Being Kind to Myself

"Research indicates that self-compassion is one of the most powerful sources of coping and resilience we have available to us, radically improving our mental and physical wellbeing."

FIX Harvard business review, <https://hbr.org/2018/09/give-yourself-a-break-the-power-of-self-compassion>)



Tab 3: Greet the Perfectionist Within Hoping for Shares or “Going Viral”

Whether you consider yourself a perfectionist or not, we have aspects of us that shoot for perfection. For example, from October 2011 to November 2017, there were 259 deaths while clicking selfies. The “trend” got quieter during the pandemic’s lockdown

period but came back strong. In the first seven months of 2021, 31 fatal accidents, one per week, occurred while people were trying to click that perfect shot.

Bansal, A., Garg, C., Pakhare, A., & Gupta, S. (2018). Selfies: A boon or bane?. *Journal of family medicine and primary care*, 7(4), 828–831.
https://doi.org/10.4103/ifmpc.ifmpc_109_18

BE YOURSELFIE

Tab 1: Expand My Supportive Community

Opening Up Thoughtfully

On one hand, being authentic vulnerability allows people to see more of the “real” us, involves a bit of risk. On the other hand, authenticity promotes *real* connection,

“Vulnerability is not winning or losing; it’s having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness; it’s our greatest measure of courage.” – Brené Brown, PhD, MSW

Tab 2: Promote Authenticity

Posting Real Images

Research is pretty clear on the following:

- Body dissatisfaction has been one of the strongest predictors of dysfunctional eating.
- Body dissatisfaction can contribute to depression, self-esteem issues, eating disorders, and other mental health problems.
- Posting a photo of self has been shown to increase body dissatisfaction, and studies show that editing seems to make it even worse!

Sidani, J. E., Shensa, A., Hoffman, B., Hanmer, J., & Primack, B. A. (2016). The association between social media use and eating concerns among US young adults. *Journal of the Academy of Nutrition and Dietetics*, 116(9), 1465-1472.

Zhang, J., Wang, Y., Li, Q., & Wu, C. (2021). The relationship between SNS usage and disordered eating behaviors: A meta-analysis. *Frontiers in Psychology*, 12, 641919.



- Wells, G., Horwitz, J., & Seetharam, D. (2021). Facebook knows Instagram is toxic for teen girls, company documents show. *The Wall Street Journal*.
- Wick, M. R. & Keel, P. K. (2020). *International Journal of Eating Disorders*, 53(6), 864-872.
- Satghare P, Mahesh MV, Abdin E, Chong SA, Subramaniam M. The Relative Associations of Body Image Dissatisfaction among Psychiatric Out-Patients in Singapore. *Int J Environ Res Public Health*. 2019;16(24):5162. Published 2019 Dec 17. doi:10.3390/ijerph16245162

Tab 3: Recognize What Spreads Content

Getting Wise about Media Manipulations

Research shows that “joy moves faster than sadness or disgust, but nothing is speedier than rage: “The one emotion that outpaced anger?” Awe: “The feelings of wonder and excitement that come from encountering great beauty or knowledge, such as a news report of an important discovery in the fight against cancer.” When we’re in awe of something, we want to share it with others so they can experience the same excitement.

<https://www.smithsonianmag.com/science-nature/what-emotion-goes-viral-fastest-180950182/>

In 2021, the number of brand-sponsored influencer posts on Instagram surpassed three million, creating a fifteen-billion-dollar business market.

<https://www.statista.com/topics/2496/influence-marketing/#topicOverview>

Tab 5: Question “Suggested for You” Content

Learning A Bit About Algorithms

According to research, the social media accounts of BIPOC and other marginalized creators are often filtered out or flagged by algorithms.

<https://theconversation.com/beyond-a-technical-bug-biased-algorithms-and-moderation-are-censoring-activists-on-social-media-160669>

CHERISH YOURSELFIE

Tab 2: Think Optimistically

Understanding Positivity is Possible

Science supports the following: Optimism is an outlook that heavily influences physical and mental health. It’s possible to form a brighter, more optimistic outlook - even if that’s not necessarily naturally your view.



Conversano C, Rotondo A, Lensi E, Della Vista O, Arpone F, Reda MA. Optimism and its impact on mental and physical well-being. *Clinical Practice Epidemiol Mental Health*. 2010;6:25-29. Published 2010 May 14.

doi:10.2174/1745017901006010025

https://www.scientificamerican.com/article/it-s-surprisingly-easy-to-become-an-optimistic-person/?qclid=CiwKCAiAxvGfBhB-EiwAMPakqvGeOIANkYdvm_q9gRyQ6qxlfakOUOMNK9dXcOkmcbv2EPful6IVBBoCBUIQAvD_BwE

Video References

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Did you know that the more a country spends on advertising, the less satisfied its citizens are one to two years later?

Michel, C., Sovinsky, M., Proto, E., and Oswald, A. J. (2019). "Advertising as a major source of human dissatisfaction: cross-national evidence on one million Europeans," in *The Economics of Happiness: How the Easterlin Paradox Transformed Our Understanding of Well-Being and Progress*, ed M. Rojas (Cham: Springer), 217–239. doi: 10.1007/978-3-030-15835-4_10

Primack, B. A., Shensa, A., Escobar-Viera, C. G., Barrett, E. Sidani, J. E., Colditz, J. B., & James, A. E. (2017) Use of multiple social media platforms and symptoms of depression and anxiety: A nationally representative study among U.S. young adults. *Computers in Human Behavior*, 69.

I don't talk about diets because I know that they usually preclude weight gain in the long run.

Mann, T. (2018, May). Why do dieters regain weight? Calorie deprivation alters body and mind, overwhelming willpower. American Psychological Association. Retrieved from <https://www.apa.org/science/about/psa/2018/05/calorie-deprivation>

One of the best predictors of weight gain over the course of the four-year study was having lost weight on a diet previous to the time the study started.

Lowe M., Doshi, S., Katterman, S., & Feig, E. Dieting, and restrained eating as prospective predictors of weight gain. (2013). *Frontiers in Psychology*, 4. DOI=10.3389/fpsyg.2013.00577

Men who viewed images of other men who were physically fit tended to view themselves as less attractive, less fit, or weaker than viewing images of neutral looking men.

Barnes M, Abhyankar P, Dimova E, Best C (2020) Associations between body dissatisfaction and self-reported anxiety and depression in otherwise healthy



men: A systematic review and meta-analysis. PLOS ONE 15(2): e0229268.
<https://doi.org/10.1371/journal.pone.0229268>

Gültzow, T., Guidry, J. P. D., Schneider, F., & Hoving, C. (2020). Male body image portrayals on Instagram. *Cyberpsychology, Behavior, and Social Networking*, 23(5), 281-289

People who use more than seven social media sites have a higher risk of depression than those who use, say, one or two.

Hydzik, A. (n.d.). Using lots of social media sites raises depression risk. University of Pittsburgh. <https://www.braininstitute.pitt.edu/using-lots-social-media-sites-raises-depression-risk#:~:text=Participants%20who%20used%20seven%20to,used%20zero%20to%20two%20platforms>

Liu M, Kamper-DeMarco KE, Zhang J, Xiao J, Dong D, Xue P. Time Spent on Social Media and Risk of Depression in Adolescents: A Dose-Response Meta-Analysis. *Int J Environ Res Public Health*. 2022;19(9):5164. Published 2022 Apr 24. doi:10.3390/ijerph19095164

EXPLORE YOURSELFIE

Research tells us that when we compare ourselves to others, we are at a greater risk for depression.

Hu, Y., Zhou, M., Shao, Y. *et al.* The effects of social comparison and depressive mood on adolescent social decision-making. *BMC Psychiatry* 21, 3 (2021).
<https://doi.org/10.1186/s12888-020-02928-y>

Paddock, C. (2015, April 8). Scientists find a link between heavy Facebook use and depressive symptoms. <https://www.medicalnewstoday.com/articles/292081>

Increased time on social media can lead to increased feelings of anxiety and depression. This is thought to be true because when we're scrolling through Instagram, we're comparing our real lives to other people's highlight reels.

Steers, M.-L. N., Wickham, R. E., & Acitelli, L. K. (2014). Seeing everyone else's highlight reels: How Facebook usage is linked to depressive symptoms. *Journal of Social and Clinical Psychology*, 33(8), 701–731.
<https://doi.org/10.1521/jscp.2014.33.8.701>

Ditch the phone for a while.

Vanman, E. J., Baker, R., & Tobin, S. J. (2018) The burden of online friends: The effects of giving up Facebook on stress and well-being. *The Journal of Social Psychology*, 158(4), 496-508, DOI: [10.1080/00224545.2018.1453467](https://doi.org/10.1080/00224545.2018.1453467)



It all starts with a positive outlook and the understanding that perfection is not what you see online.

Janicke, S., Narayan, A., & Seng, A. (2018). Social media for good? A survey On Millennials' inspirational social media use. *The Journal of Social Media in Society*, 7(2), 120-140. Retrieved from <http://www.thejsms.org/index.php/TSMRI/article/view/381>

HELP YOURSELFIE

Social perfectionism has increased 33% over the last 30 years.

Curran, T., & Hill, A. P. (2019). Perfectionism is increasing over time: A meta-analysis of birth cohort differences from 1989 to 2016. *Psychological bulletin*, 145(4), 410–429. <https://doi.org/10.1037/bul0000138>

For those of us who are perfectionists and who are very self-critical, we are less likely to experience depression if we practice self-compassion.

Neff, K., D., Long, P., Knox, M. C., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. G. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning, *Self and Identity*, 17(6), 627-645, DOI: [10.1080/15298868.2018.1436587](https://doi.org/10.1080/15298868.2018.1436587)

Ferrari, M., Yap, K., Scott, N., Einstein, D.A., & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PLOS ONE* 13(2): e0192022. <https://doi.org/10.1371/journal.pone.0192022>

In the U.S., one in every six youth between the ages of six and 17 experience a mental health problem every year?

Whitney DG, Peterson MD. US National and State-Level Prevalence of Mental Health Disorders and Disparities of Mental Health Care Use in Children. *JAMA Pediatric*. 2019;173(4):389–391. doi:10.1001/jamapediatrics.2018.5399

Every year, 17-million people experience depression.

National Institute of Mental Health. Major depression. <https://www.nimh.nih.gov/health/statistics/major-depression>

Forty-eight-million people experience anxiety.

National Institute of Mental Health. Any anxiety disorder. <https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder>



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The majority of young people are living their lives online.

Common Sense Media. (2018, September 10). Social media, social life: How teens view their digital lives. www.common sense media.org

Eighty percent of women surveyed in the Dove's self-esteem mission said that images of female stars or models made them feel insecure.

Dove's Self-Esteem Project. <https://www.dove.com/us/en/home.html#>

Blake Lively says that 99% of the time celebrity images are photoshopped.

Bruner, R. (2018, April 11). Blake Lively says '99.9%' of celebrity images are photoshopped while interviewing Gigi Hadid. *Time Magazine*. <https://time.com/5236384/blake-lively-photoshop-gigi-hadid-interview/>

City University London. (2021, March 8). 90% of young women report using a filter or editing their photos before posting. *ScienceDaily*. Retrieved March 3, 2023 from www.sciencedaily.com/releases/2021/03/210308111852.htm

Airbrushed Celebrities. ABC News. <https://abcnews.go.com/Entertainment/photos/Christina-Aguilera-Slimmer-in-Cover-Photo-3221224/image-14763824>

Media propagated images of unrealistic body types are linked to eating disorders and other child and adolescent health problems.

Morris, A. M., & Katzman, D. K. (2003). The impact of the media on eating disorders in children and adolescents. *Pediatrics & child health*, 8(5), 287–289. <https://doi.org/10.1093/pch/8.5.287>

Maybe start a campaign.

Strasser, A-R. (2012, July 3). *Seventeen* to stop Photoshopping the girls In its magazine. <https://archive.thinkprogress.org/eighth-grader-gets-seventeen-to-stop-photoshopping-the-girls-in-its-magazine-1e24e4b727ab/>

CHERISH YOURSELFIE

Optimism can improve your mental and your physical health.

Rozanski, A., Bavishi, C., Kubzansky, L. D., & Cohen, R. (2019). Association of optimism with cardiovascular events and all-cause mortality: A systematic review and meta-analysis. *JAMA Network Open*, 2(9):e1912200. doi:10.1001/jamanetworkopen.2019.12200



Additional Information – optional

Vagianos, A. (2013, November 27). Survey Proves We Still Really Need To Talk About Photoshop: Proof We Still Need To Talk About Photoshop. Huffington Post.
https://www.huffpost.com/entry/photoshop-survey-women_n_4350263

Mariska Kleemans, Serena Daalmans, Ilana Carbaat & Doeschka Anschutz (2018) Picture perfect: The direct effect of manipulated Instagram photos on body image in adolescent girls, *Media Psychology*, 2(1)1, 93-110, DOI: [10.1080/15213269.2016.1257392](https://doi.org/10.1080/15213269.2016.1257392)

McManus, S. (February 1, 2017). More than half of gay men say they are ‘unhappy’ with their body.

Solan, M. (2017, October 5). The secret to happiness? Here’s some advice from the longest-running study on happiness. Harvard Men’s Health Watch.

Exposure to media-propagated images of unrealistic body images has been linked to eating disorders and other child and adolescent health problems (ama 2011 press release)

Escobar-Viera, C. G., Shensa, A., Bowman, N. D., Sidani, J. E., Knight, J., James, A. E., & Primack, B. A. (2018). Passive and active social media use and depressive symptoms among United States adults. *Cyberpsychology, behavior and social networking*, 21(7), 437–443. <https://doi.org/10.1089/cyber.2017.0668>

Common Sense Media. (2018, September 10). Social media, social life: How teens view their digital lives. www.commonsensemedia.org

Prinstein, M. (2017). *Popular: The power of likability in a status-obsessed world*. <https://www.amazon.com/Popular-Power-Likability-Status-Obsessed-World/dp/0399563733>