



disconnection
between self and body
body dissatisfaction

cover up everything with cosmetics
plastic surgery

body preoccupation
beauty bias

lower women's and young girls self-esteem

unhealthy overfocus on attractiveness

using <40 year old beauty
(aging is not accepted)

body perfection/increasingly sexualized
objectalize women's body
sexual object (power loosing)

western media & the "perfect"
body image they create

digitally enhance women's body image
(unrealistic photoshopped, especially ads)

make-up become a routine rather than a choice
surgically/ digitally enhance self body image
(plastic surgery/photoshop urself on photos)

government banned unrealistic ads

American Eagle outfitters: #Ariereal

violence and sexism
women =body

media+pop culture
sending unrealistic beauty standard message

using underweight /certain body shape/
small range size models in media

workout/diets

obsession of food and fitness

eating disorder(vomet/ binge eating/ food vs body)
anorexia/ atnixs

mindfulness eating & feel our body

playing with insecurity also =marketing strategies
women loose feeling attractive by exposing to media nowadays

mentall illness

self-hatred(not only overweight but all other body types)
body shame as norm

mass media spreading unhappiness,
teens especially get affected

physical depression

unhealthy gain weight

breakdown