



Building
POSITIVE BODY IMAGE



Australian
National
University

Building Positive Body Image in People with Chronic Illness

Supported by the ACT Government under the
ACT Health Promotion Grants Program

Presented by Dr. Kristen
Murray and Associate
Professor Elizabeth Rieger

ANU Research School of
Psychology

Chronic Illness and Body Image

One in two Australian adults have at least one long-term health condition, which can have long-lasting and persistent negative impacts on well-being and quality of life. One impact which has received limited attention is body image – the way we think, feel and behave in relation to our physical self. People with health concerns report high rates of body dissatisfaction relating to both what the body looks like and what it can do. Given consistent evidence that body image is related to how we feel about ourselves, how we feel in general, as well as our own health behaviours such as eating and physical activity, it plays an important role in chronic illness self-management. This webinar provides an introduction to body image in the context of chronic illness. Attendees will gain a greater understanding of body image and its role in health and well-being, particularly in chronic illness. Information about support services and strategies to promote positive body image will also be provided.

The webinar is presented by Clinical Psychologists and Researchers from the ANU Research School of Psychology and is supported by the ACT Government under the ACT Health Promotion Grants Program. Anyone who is interested in learning more about body image in chronic illness is invited to attend, including those with a chronic illness or caring for someone with a chronic illness, health professionals, educators, researchers or community members.

Details

Wednesday 8 December 2021
6 - 7PM (AEDT)
Zoom (link provided upon registration)
Register [here](#)

Contact

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[Event Website](#)
[Event Registration Page](#)