



Cameron K. Gallagher Foundation

SELF ESTEEM
AND
BODY IMAGE
journal



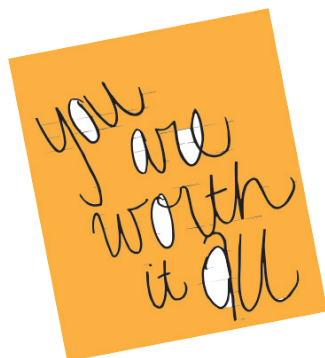
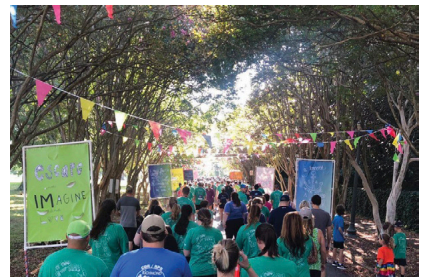
MEET CAMERON GALLAGHER

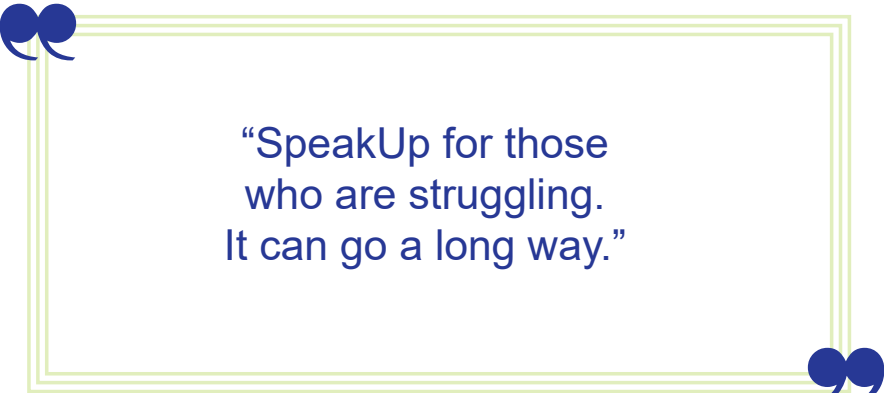
Cameron Gallagher dreamed of a world without mental health stigma. From experience, she knew the extreme difficulty of facing mental health challenges. Her heart was filled with purpose to raise awareness and encourage open, supportive conversations. Cameron found encouragement through running and relief from her symptoms of anxiety and depression. At 16, Cameron took the brave step to go public with her mental health journey. She designed a community 5k event for her cause, the SpeakUp5k. To kick off her dream, she set the bold goal of completing the 2014 Shamrock Half Marathon. And that she did.

Steps after crossing the finish line, Cameron collapsed in her parents' arms and died of an undiagnosed heart condition.

The Cameron K. Gallagher (CKG) Foundation organized and hit the ground running in March of 2014. We exist to perpetuate the one dream of one wise and beautiful young girl. Our goal is to rid the world of mental health stigma, host the SpeakUp5k the world over and provide original, free teen mental health education. We have achieved a lot. There is more to do.

Learn more at www.ckgfoundation.org.





“SpeakUp for those
who are struggling.
It can go a long way.”

- Cameron Gallagher

Welcome to your Self-Esteem & Body Image Journal!

This space is all about you—your thoughts, feelings, and experiences.

As you navigate the ups and downs of this stage of life, it’s natural to face challenges with self-image and confidence. This journal is designed to help you explore and celebrate your unique qualities, reflect on your experiences, and cultivate a positive mindset. Through prompts, activities, and open pages for your thoughts, you’ll embark on a journey of self-discovery and empowerment.

Remember, every entry is a step towards embracing who you are and recognizing your worth!

Try out the activities in this journal:

- Positive Affirmations
- Support Network Map
 - Body Map
- Negative Thought Diary
- Self-Compassion Letter





LET'S WRITE ABOUT IT:



POSITIVE AFFIRMATIONS

Instructions: Write down positive affirmations that resonate with you. These can help combat negative thoughts about yourself.

Examples:

I am grateful for my body's strength and ability to carry me through life.

I am unique, and my body tells my own story.

I am learning to appreciate my curves, shapes, and features as part of who I am.

I am proud of my body for all the amazing things it can do.

I am beautiful in my own way, and I embrace my individuality.

I am committed to treating my body with kindness and respect.

I am enough, just as I am.

I am deserving of love and acceptance regardless of my appearance.

I am choosing to focus on what my body can achieve rather than how it looks.

I am learning to silence negative thoughts about my body and replace them with positivity.

I am more than my appearance; I am defined by my character and actions.

I am empowered to dress in a way that makes me feel comfortable and confident.

I am capable of embracing change and growth in my body.

I am deserving of feeling good in my skin every day.

I am proud of my heritage and the features that come with it.

I am learning that beauty comes in all shapes, sizes, and colors.



I am grateful for my body because _____

I am proud of _____

I am loved because _____

I am good at _____

I am learning to _____

I am deserving of _____

I am choosing to _____

Three positive affirmations about myself:

1. _____

2. _____

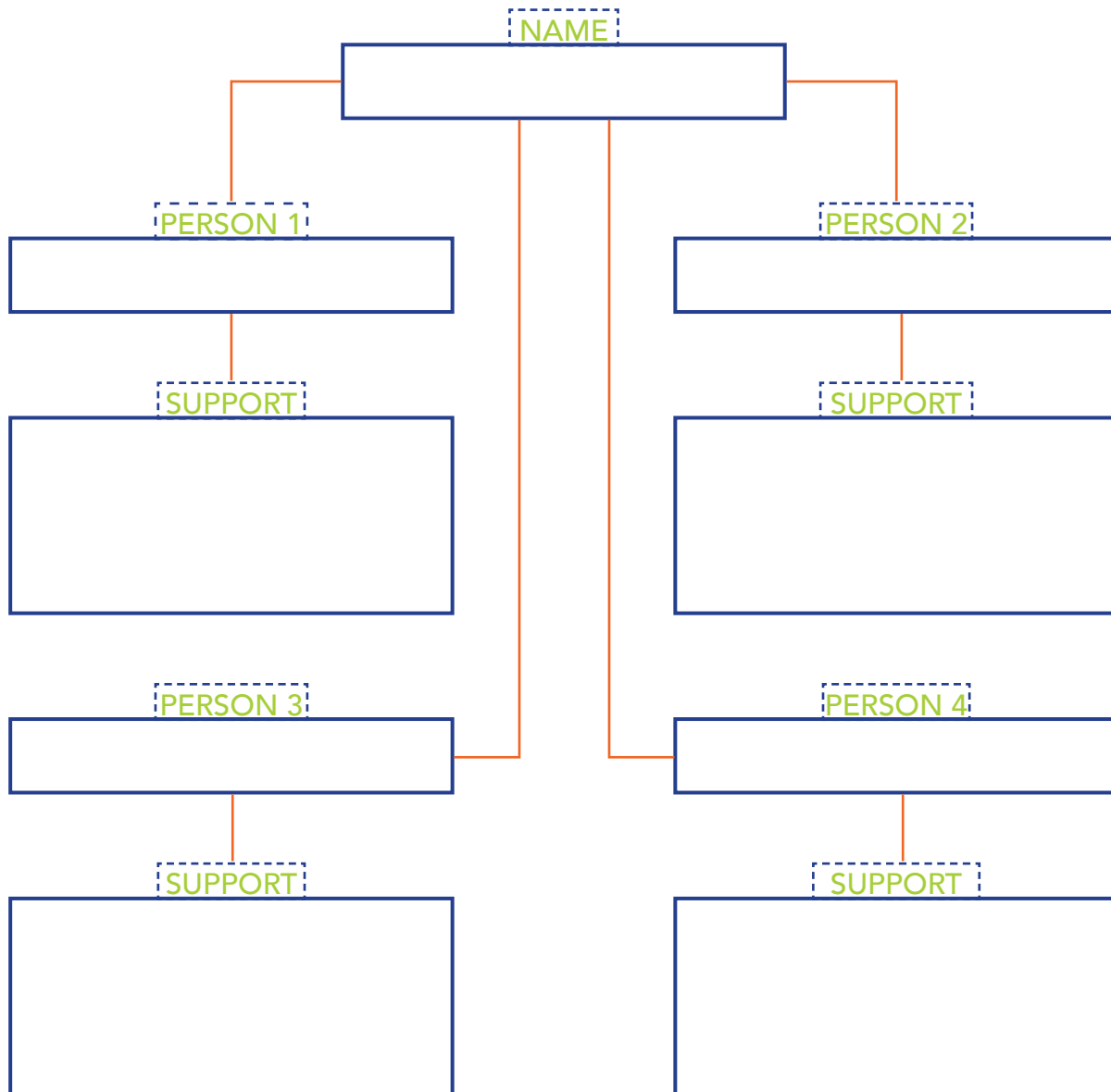
3. _____



CHALLENGE!

SUPPORT NETWORK MAP

Instructions: Create a map of people in your life who support your self-esteem and body image. Write their names and how they support you.





DRAW IT!



BODY MAP



Instructions:

Draw an outline of your body on a large piece of paper.

In each section, write positive attributes or abilities associated with that body part (e.g., "My legs are strong and help me run").

Decorate your body map with colors and designs that represent how you feel about each part.



Negative Thought Diary

Instructions: For one week, keep track of any negative thoughts you have about your body. Write down the thoughts, the triggers, and how you felt.

DATE	NEGATIVE THOUGHT	TRIGGER	FEELING

NEGATIVE MINDSET

I'LL BE HAPPY ONCE I REACH MY GOAL SIZE; UNTIL THEN, I CAN'T ENJOY LIFE.

MY FRIENDS ONLY CARE ABOUT HOW I LOOK. I NEED TO CHANGE TO BE ACCEPTED

I CAN'T WEAR WHAT I WANT UNTIL I LOSE THESE EXTRA POUNDS

I FEEL JUDGED BY MY APPEARANCE

I HATE HOW MY BODY LOOKS; I'LL NEVER BE HAPPY WITH IT.

GROWTH MINDSET

HAPPINESS ISN'T TIED TO A NUMBER ON THE SCALE. I KNOW THAT MY CHALLENGES AND JOY COME FROM WITHIN, NOT MY SIZE.

I CAN CREATE MEANINGFUL CONNECTIONS BASED ON WHO I AM, NOT HOW I LOOK

I'M EXCITED TO EXPRESS MYSELF THROUGH MY STYLE, NO MATTER MY SIZE

I FOCUS ON THE THINGS I LOVE ABOUT MYSELF RATHER THAN WHAT I DO

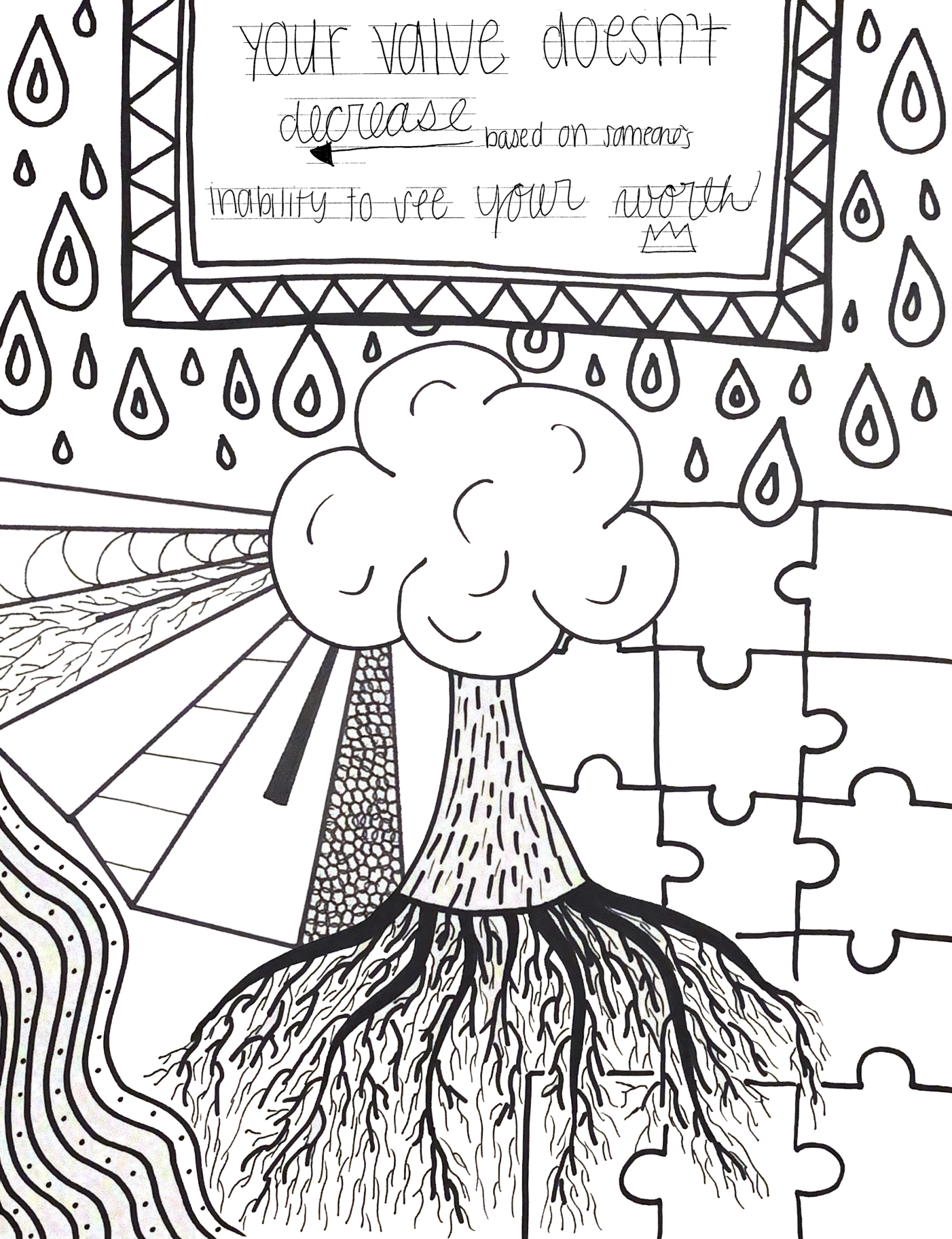
I'M LEARNING TO APPRECIATE MY BODY FOR WHAT IT CAN DO, NOT JUST HOW IT LOOKS

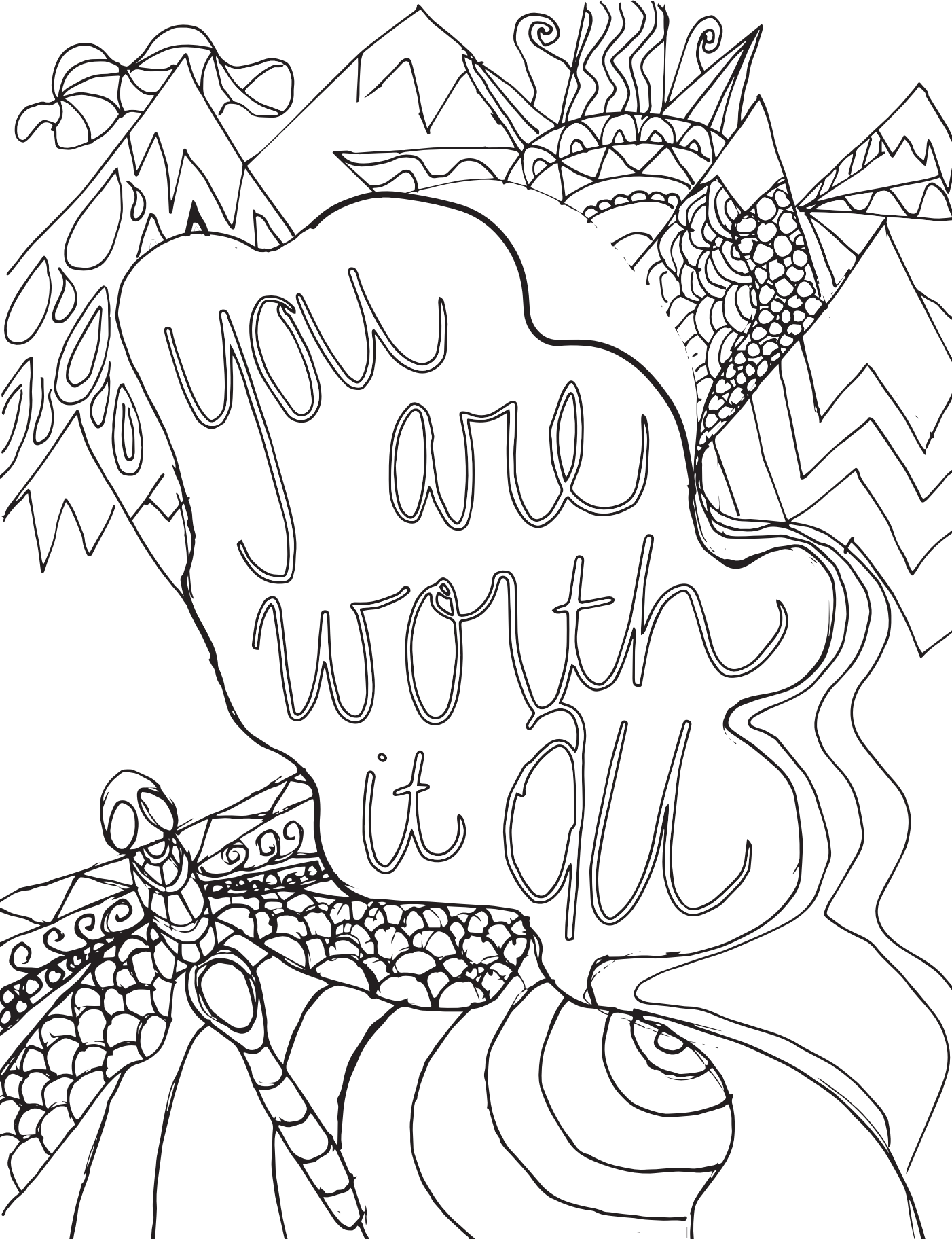


YOUR VALUE DOESN'T

decrease based on someone's

inability to see your worth!





you
are
worth
it all

FAQ: SELF-ESTEEM & BODY IMAGE



1. What is body image?

Answer: Body image refers to how you perceive your body and how you believe others perceive you. It encompasses feelings, thoughts, and attitudes about your appearance, which can be positive or negative. A healthy body image means feeling comfortable and confident in your own skin, while a negative body image can lead to dissatisfaction and emotional distress.

2. How does body image affect self-esteem?

Answer: Body image plays a significant role in self-esteem. When you have a positive or neutral body image, you are more likely to feel good about yourself overall, which can enhance your self-esteem. Conversely, negative feelings about your body can lead to lower self-esteem and may affect your relationships, mental health, and overall well-being.

3. Why do I struggle with body image?

Answer: Struggling with body image is common, especially during the teenage years when physical changes occur, and peer influences are strong. Media portrayals, societal standards, and personal experiences can all contribute to negative body image. It's important to recognize that everyone has unique qualities, and comparing yourself to others will only cause harm.

FAQ: SELF-ESTEEM & BODY IMAGE

4. How can I improve my body image?

Answer: Improving body image takes time and practice.

HERE ARE A FEW STRATEGIES:

PRACTICE SELF-ACCEPTANCE: Focus on your unique traits and strengths.

LIMIT MEDIA EXPOSURE: Be mindful of the content you consume and seek out positive representations of diverse bodies.

ENGAGE IN POSITIVE SELF-TALK: Challenge negative thoughts and replace them with affirmations.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE: Foster relationships that encourage positivity and acceptance.

5. What should I do if I have a friend struggling with body image?

Answer: If a friend is struggling, it's important to listen and offer support without judgment. Encourage them to express their feelings and let them know you're there for them.

You might suggest engaging in activities that promote body positivity, such as exercising together for health rather than appearance, or discussing media portrayals critically. If their struggles seem severe, gently encourage them to seek help from a trusted adult or professional.

6. Is it normal to have negative thoughts about my body?

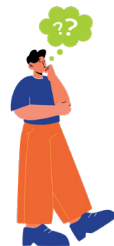
Answer: Yes, it's completely normal to have negative thoughts about your body from time to time, especially given societal pressures. However, it's important to recognize these thoughts and work towards challenging and reframing them. If these thoughts become overwhelming or persistent, consider seeking support from a trusted adult or counselor.

7. Can I change my body image?

Answer: Yes, body image can be changed! It requires effort and a willingness to shift your mindset. Engaging in practices like self-reflection, journaling, and surrounding yourself with positivity can help you develop a more positive outlook over time. Remember, it's a journey, and it's okay to seek help along the way.

8. How does social media impact body image?

Answer: Social media can significantly impact body image, often promoting unrealistic beauty standards through curated images and filters. While it can provide community and inspiration, it can also lead to comparison and dissatisfaction. Being mindful of your social media consumption and following accounts that promote body positivity can help mitigate these negative effects.



FAQ: SELF-ESTEEM & BODY IMAGE

9. What are some signs of low self-esteem?

Answer: Signs of low self-esteem can include:

- Constantly comparing yourself to others
- Difficulty accepting compliments
- Avoiding social situations
- Engaging in negative self-talk
- Feeling unworthy or inadequate

If you notice these signs in yourself, consider reaching out for support from trusted friends, family, or professionals.

10. Where can I find support if I'm struggling with body image or self-esteem?

Answer: There are many resources available, including:

SCHOOL COUNSELORS: They can provide guidance and support.

THERAPISTS: A mental health professional can help you work through body image issues.

SUPPORT GROUPS: Look for local or online groups focused on body positivity and self-esteem.

HOTLINES: Many organizations offer confidential support and guidance.

Don't hesitate to reach out—support is available, and you don't have to face these challenges alone.



Check out these tools on your journey to positive mental health

Watch Grace Gallagher's "How It All Began."



Scan here

Scan this code for more information on starting or joining a SpeakUp Club



Scan here

Scan this code to download Maunda, the healthiest social media app



Scan here

Call or text this number if you need to



Check out the Conversations with CKG podcast episode with Megan White, a therapist who specializes eating disorders and body image:



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SpeakUp

for teen mental health

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