

NOTE TO SELF



**The Illawarra Women's
Health Centre**



Welcome to the very first edition of the Illawarra Women's Health Centre magazine 'Note to Self'! We will talk about issues that affect teenage girls and how to combat them. The theme for this month's magazine is KINDNESS, kindness to yourself and each other, so expect to see a lot of self care and self love tips throughout these pages!

Centre information

Phone number- (02) 4255 6800

Address- 2/10 Belfast Ave, Warilla NSW 2528

Website- www.womenshealthcentre.com.au



What is the Illawarra Women's Health Centre?

The Illawarra Women's Health Centre is a community centre focused on empowering and assisting the women of the Illawarra. The Centre provides female doctors and counsellors to make sure that it is a safe environment where women will feel comfortable. You can go into the Centre for a range of group programs and classes as well as medical services, this includes things such as contraception, abortions and sexual health. Sally Stevenson, the general manager of the Centre says,

"Girls and young women are free to come here any time they want. If they need support. There are a range of health services we're able to offer them, all at little to no cost"

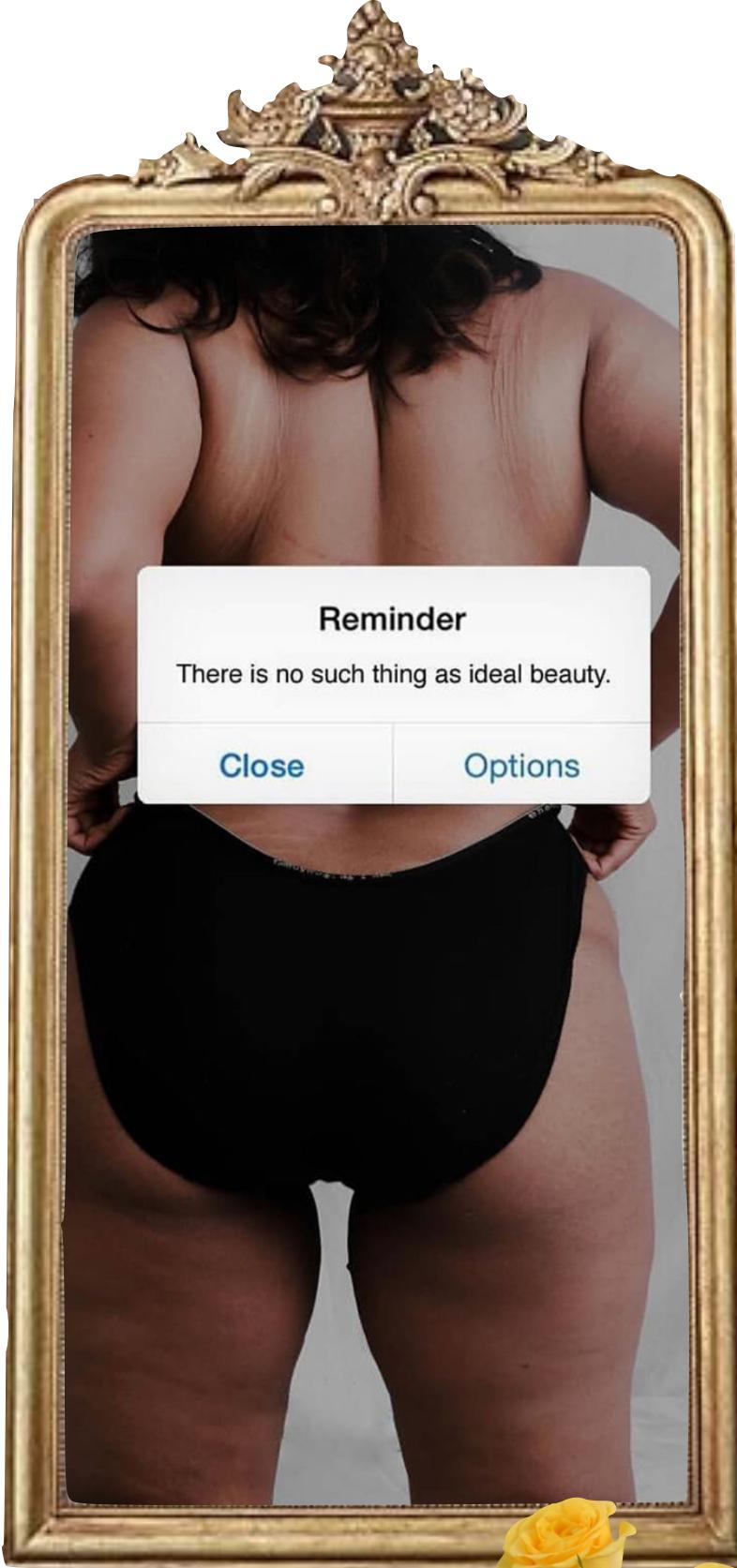
The Centre is a safe place and teenage girls are more than welcome. You may like to join the drop in space one day or see a counsellor! For more information you can visit the Centre website:

www.womenshealthcentre.com.au

"They should just feel that this is a community centre, so it's their centre and they can come here if they need us" Sally Stevenson, general manager.



WHAT IS BODY IMAGE ?



Body Image is the way we see, think and feel about our bodies. A lot of teenagers have pretty negative views about their bodies, it's normal, but also something you should try and change.

There are 3 parts to body image;

- **Perceptual Body Image- How you see your body**
- **Affective Body Image- How you feel about your body**
- **Cognitive Body Image- How you think about your body**

HEALTHY BODY IMAGE

- Feeling good about yourself
- Valuing yourself by who you are, not by what you look like
- Having positive thoughts about your body



UNHEALTHY BODY IMAGE

- Believing that your looks determine your value
- Fixating or trying to change your body image
- Thinking that you are ugly

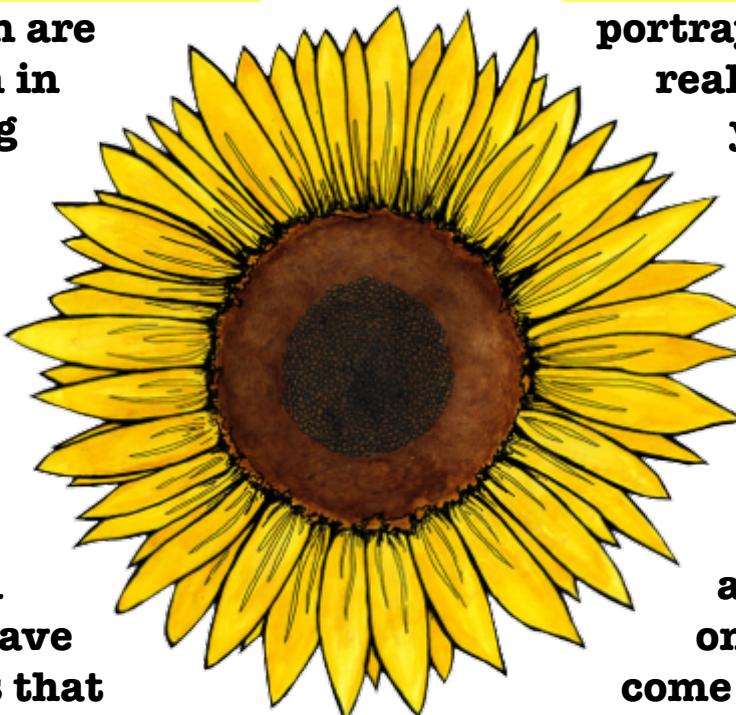
The art of Healthy Body Image

By Max

Body image is a tricky subject for teenagers. We are still figuring out who we are, finding our style and learning what we like. Often during this time of uncertainty we feel pressured to be something we are not. We compare ourselves to other girls wishing we could be like them and hating ourselves because we aren't. The truth is that no person is the same. Every single person on this earth has a unique shape and size, so when you compare yourself to another person it is totally unfair. The world we live in today has taught us that our self worth is determined by our looks. As my favourite instagram page, @recipesforselflove, states “‘Beauty’ is a construct created by the system to make you see flaws that don’t exist to sell you things you don’t need.”

The way women are not what women in again comparing completely puts the focus on So what can we secret to having image? The for me is you need with yourself. you think of as your self-esteem bloom. You only have reap the benefits that you notice yourself judging

ONLY 5-10% OF WOMEN ARE IN THE SIZE AND HEIGHT RANGE OF A MODEL



portrayed in the media is real life look like. Once yourself to them is unrealistic and it the wrong person! do? What is the positive body number one thing to be at peace Accept the things “flaws” and watch and body confidence one body, love it and come with it. Every time your body, challenge that

thought with a compliment. It will take time to retrain your brain but if you are persistent with it, eventually these compliments will come naturally! Own the chub on your belly, own your thick thighs, own your birthmarks, own your pimples, moles and lanky figure! OWN IT! We have to stand together and lift each other up. Break down the stereotypes and recreate the society we live in. Break free

from the self-hatred and realise that you are so much more than what you look like. Realise that you are enough.

Nobody compares

7 ways to stop comparing yourself:

1. Limit how much time you spend on social media
2. Accept that not one person is the same
3. Your body is still changing just wait until it settles down
4. Be on your side
5. Be happy for other people and don't drag them down
6. Become aware and avoid things that make you feel bad about yourself
7. Say nice things about yourself

to you.



SELF AFFIRMATION

THEORY

Self affirmations, commonly known as positive affirmations, are designed to counter habits of action by challenging your thoughts. Self affirmation theory concludes that we have an instinct to protect ourselves when threatened and that affirming a non-threatened part of ourselves can protect the way we see ourselves. Affirmations can reduce stress and strengthen your self concept

Choose
one negative
thought about
yourself

Write
down the
positive
opposite

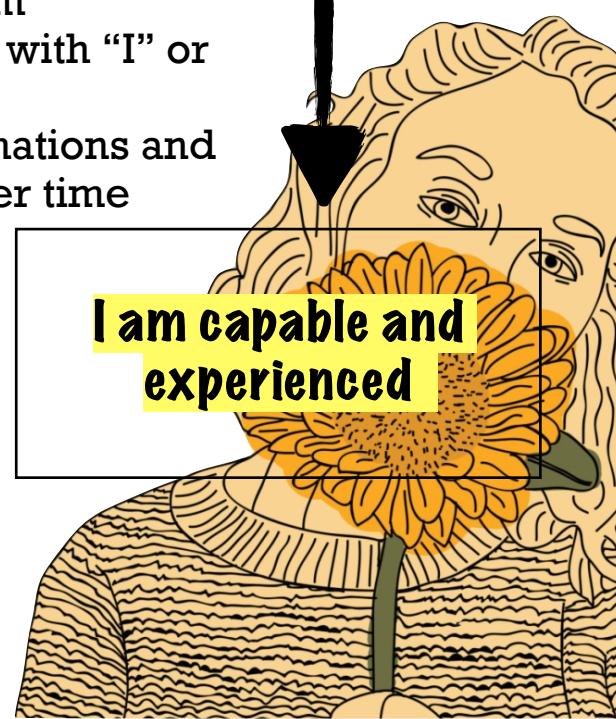
Tips for writing a powerful affirmation:

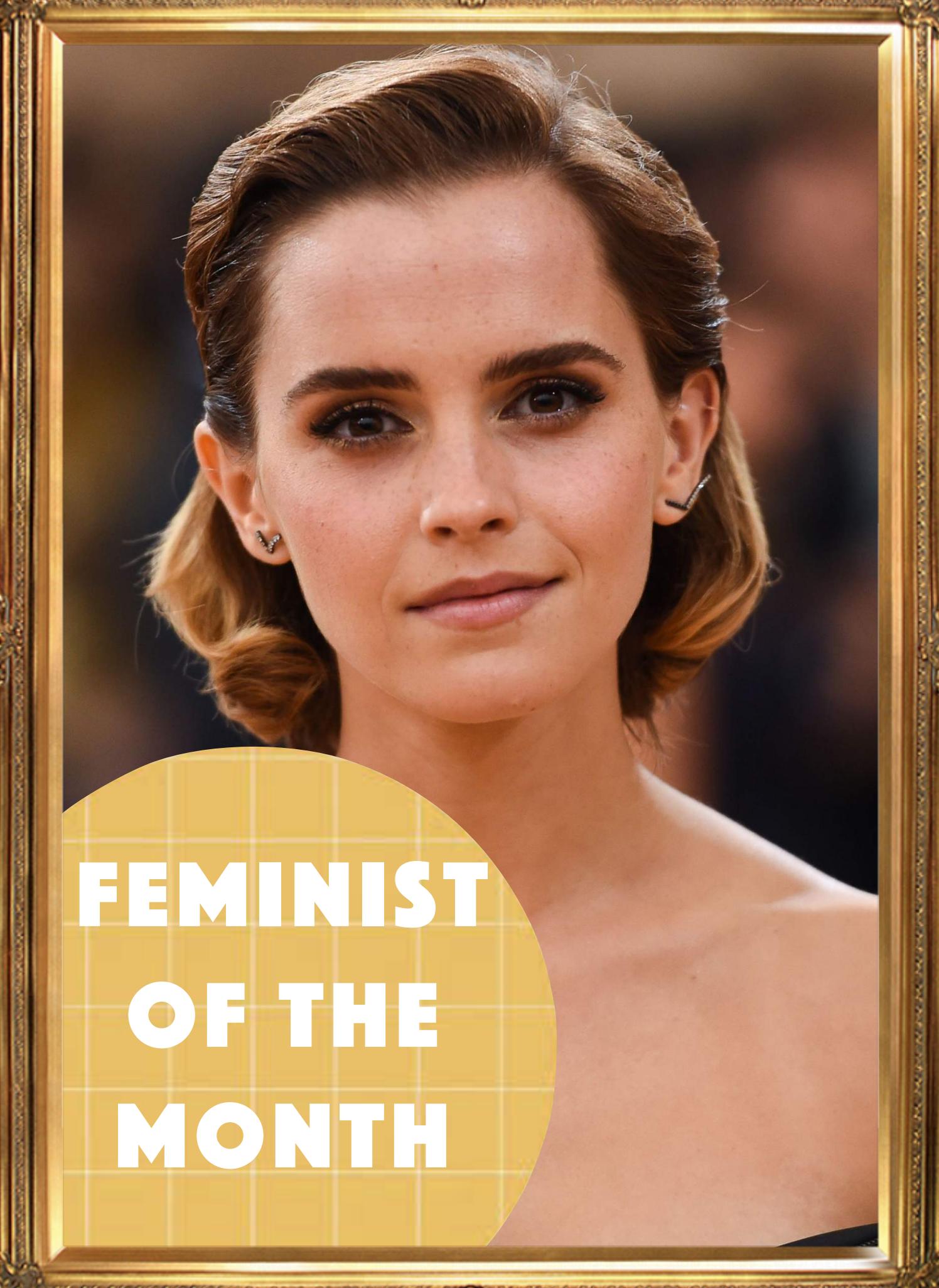
- Write them in the present tense
- Make them short so you can remember them
- Begin your affirmations with "I" or "my"
- Create believable affirmations and build upon them over time

I make so many mistakes

I am capable and experienced

Try writing positive affirmations on a mirror in your room with a white board marker !





**FEMINIST
OF THE
MONTH**

EMMA WATSON

ACHIEVEMENTS:

- Emma has starred in at least 22 movies
- UN Goodwill Ambassador
- Founder of HeForShe campaign
- Founder of IMPACT 10x10x10
- Top of the list of AskMen's "100 most outstanding women in the world"
- Emma received GQ's Award for Woman Of The Year when she was just 23
- She has her own feminist book club called Our Shared Shelf
- Served as an Ambassador for Camfed, a movement to educate girls in rural Africa

DESCRIPTION

Emma Watson is widely recognised for her role of Hermione in the Harry Potter series, however she is also a passionate humanitarian and female rights activist. Watson became a UN Ambassador in July 2014, dedicating her time towards fighting for women's rights. She is passionate about the empowerment of young women and feminism. This extremely intelligent and passionate woman Emma has grown up to be has made her a role model for young girls all around the world. The UN Women's HeForShe movement was announced by Emma Watson in September 2014. The campaign is an invitation for all genders to unite and fight for gender equality. HeForShe gained the attention of the world and now has over 2 million followers on their website. Along with all her work in her country Emma has travelled to countries such as Bangladesh and Zambia to promote the education of young girls. Emma Watson is definitely a dedicated advocate for feminism and for people all around the world. Emma is strong and inspires young women everyday to join the movement and speak up.



THINGS YOU APPRECIATE ABOUT YOURSELF

**List all your personal qualities that you admire
and appreciate about yourself**

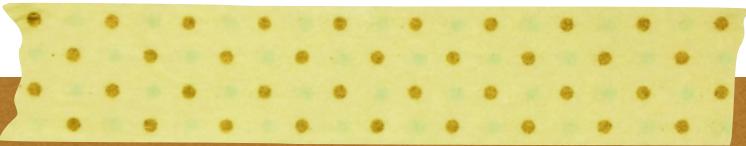


BE KIND TO YOURSELF

BY MAX

Sometimes the stresses of life and school really take over our lives. We work ourselves to the ground, forgetting that we are only human, forgetting that we need time for other things. If you never stop for a break you get stuck into a cycle of using the tiny bits of energy you have left without replenishing your supply. Your body is like a plant, what happens to a plant that isn't given water or the proper care? It gets droopy and dies, or in human terms has a complete "mental breakdown". Almost everyone has had one of these and if you're a teenage girl reading this and you haven't, just you wait. Yes, life gets busy and out of control sometimes but you always need to make time for yourself. Sometimes you need to put yourself first and be kind to yourself! Give yourself some sun and water!

There are some simple and easy things that I do to take a break, which as a growing teenager is crucial! Here are my top 6 ways that



1. Watch vine compilations on youtube
2. Paint something
3. Play with a pet or watch cute animal videos
4. Take a relaxing bath
5. Watch a funny movie
6. Lay in the sun

.....

SELF CARE ACTION PLAN

My signs of Burnout

- I can't sleep properly



My stress relievers

- Reading a book



People I can reach out to for support

- The school counsellor

Add to this
page to create your own
personalised self care
plan

12 days of self care

Journal

GO FOR A WALK

Make a smoothie

Have a picnic with friends

Sit and watch the sunset or sunrise

Stay off your phone for a day

Treat yourself

Do a random act of kindness

Play music really loud and dance

Sleep in

Tidy your room and light some candles

DO A BREATHING EXERCISE

Check out ideas for these on the next page!



Random Acts of Kindness

**Befriend
someone who is
by themselves or
lonely**

**Pay
yourself a
compliment**

**Buy
flowers for
a friend**

**Learn to
say no**

**Make
time for
relaxation**

**Compliment
a stranger**

**Write a thank
you note to
someone you love**

**Get rid
of negative
people**

Super Berry Smoothie

INFORMATION:

>Serves 4 > Prep 10 mins

INGREDIENTS:

450g bag of frozen berries
450g of strawberry yoghurt
100ml milk
25g of porridge oat (optional)
2 tsp of honey (optional)

METHOD:

Mix the frozen berries, yoghurt and milk together in a blender until smooth.
Pour into 4 glasses and serve with a drizzle of honey on top.

<https://www.bbcgoodfood.com/recipes/1973646/super-berry-smoothie>

Peanut Butter and Banana Smoothie

INFORMATION:

>Serves 1 > Prep 5 mins

INGREDIENTS:

1 banana peeled
140g plain yoghurt
1 cup of milk (you may want more)
3 cubs of ice
1 tbsp of peanut butter

METHOD:

Break up the banana into smaller sections and put the pieces in the blender with the yoghurt, milk, ice and peanut butter. Blend until smooth

Strawberry Smoothie

INFORMATION:

>Serves 2 > Prep 5 mins

INGREDIENTS:

1 banana peeled
One and a half cups of any milk
2 cups of frozen strawberries
2 tbsp chia seeds or flaxseeds

METHOD:

Break up the banana into smaller sections and put it in the blender with all the ingredients. Blend until smooth.



“Everyone you meet is fighting
a battle you know nothing about.
Be kind. Always.”

Centre information

Phone number- (02) 4255 6800

Address- 2/10 Belfast Ave, Warilla NSW 2528

Website- www.womenshealthcentre.com.au

