



## Upper West Side 1



Fairway Market

## February

### Self - Image

How has it changed over the years? How would you like to change it now?

Benefits of aging:

- Improved sense of our own mettle; what we are capable of and have accomplished
- Better as a result of overcoming life's challenges
- Learned more about ourselves
- More resilient and capable

Physical self-image was seen in a less positive light:

- Pressure to focus on appearance – body, makeup, hair, clothes
- Beauty issues were rooted in our past and perhaps connected to culture. It was noted that feeling dowdy or unattractive is largely a northern rather than southern European issue.
- Generational imprint - one member felt her mother projected her own poor body image onto her daughter and noted she has had a lifelong struggle with body and skin issues. Today, she feels much better about her appearance. She is trying to foster a different consciousness and just “look good for herself.”
- Other issues members mentioned included having thin legs; another had an earlier dislike for her body. Today, however, after motherhood and active gym participation, she is at peace with her own body.

## March

### **Self - Image (continued from February)**

Has it changed over time positively or negatively? How would you like to change it now?

- The effect of media and body image - A recent study showed that many commercials contain messages that addressed who is and isn't attractive, what is considered an attractive body image, and what weight women should be
- The effect of Lego's campaign to target young girls by developing gender based Lego pieces, for example, pink color
- Femininity - what does being feminine mean? Is it how we dress? Is it innate?
- Lesbians and transgender individuals - What do we think about them and their sexuality? Today, individuals readily state their gender preference and businesses/institutions provide opportunities for individuals to self-identify themselves without prejudice
- Role of mothers - Mothers controlled what women of our generation wore, how we wore the clothing and what was purchased. This control has had long-standing effects re: our sense of self, femininity and sexuality
- Self-image as an older woman - two of the women in our group have decided not to use makeup any more
- The effect of culture and time in our history line re: women and girls