

BODY AS A STORYTELLER

Body-mapping in self-healing

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WHAT IS BODY MAPPING?

- ❖ Body mapping is a creative therapeutic tool that brings together bodily experience and visual artistic expression.
- ❖ It has been used for detecting unspoken traumas, injuries, emotions and feelings, and for psychological healing.
- ❖ Its effectiveness in improving communication has been explored by allied health bodies for talking about sensitive sexual health issues and improve health awareness in Uganda, Kenya, India and Thailand.
- ❖ It has also been used by health communication researchers widely for community-based participatory health campaigns.

WHAT IS BODY MAPPING?

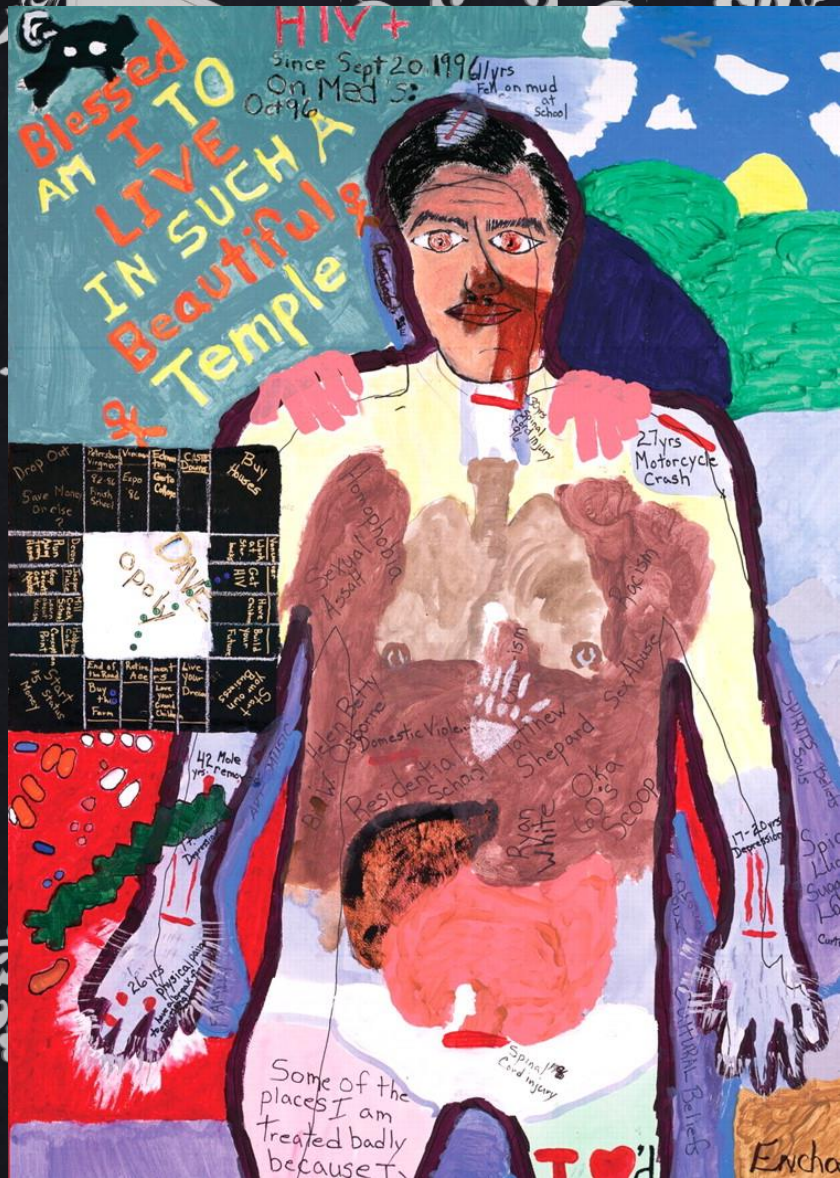
- ❖ The technique involves people to trace (by a partner) their body in a wide paper.
- ❖ People then represent identities, aches and pains, emotions and feelings, and deep thoughts onto the traced image of the body.
- ❖ People use art, colors, pictures, symbols and words to represent various experiences.
- ❖ When done in a group setting, the group members then share their art and what they represent.

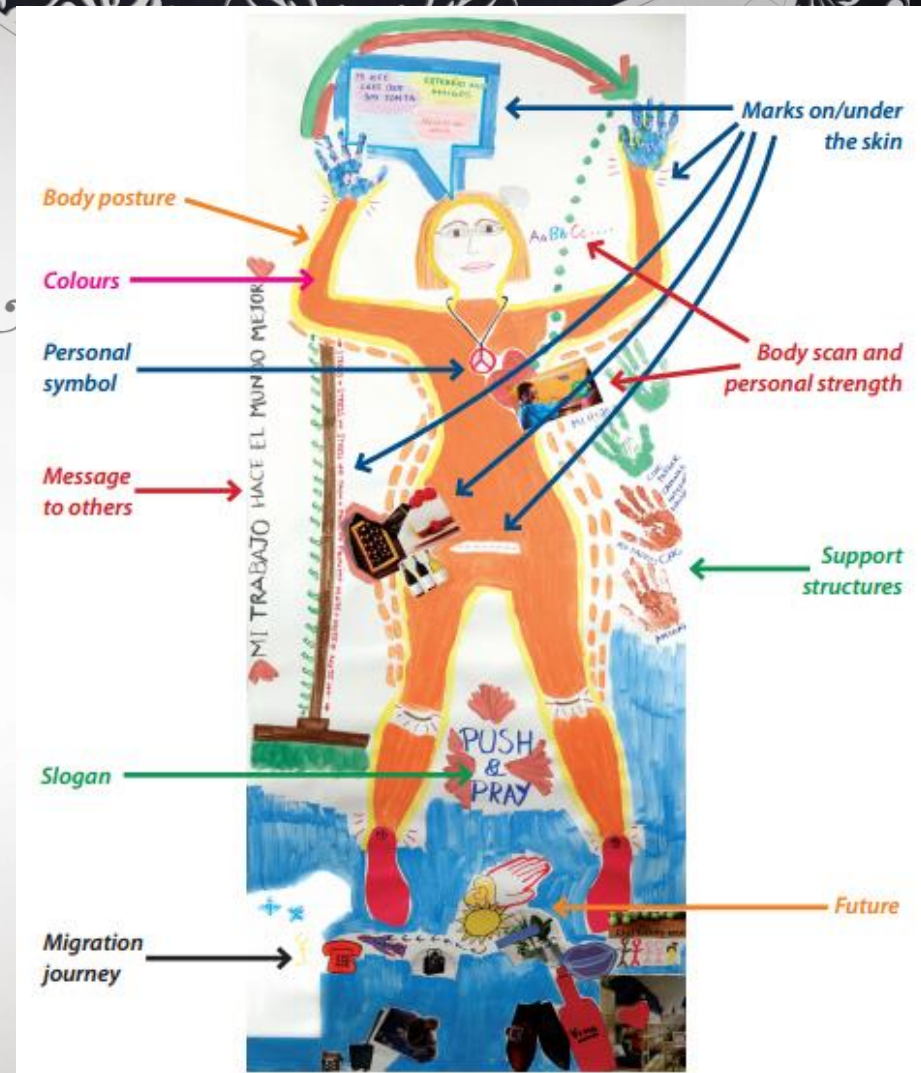
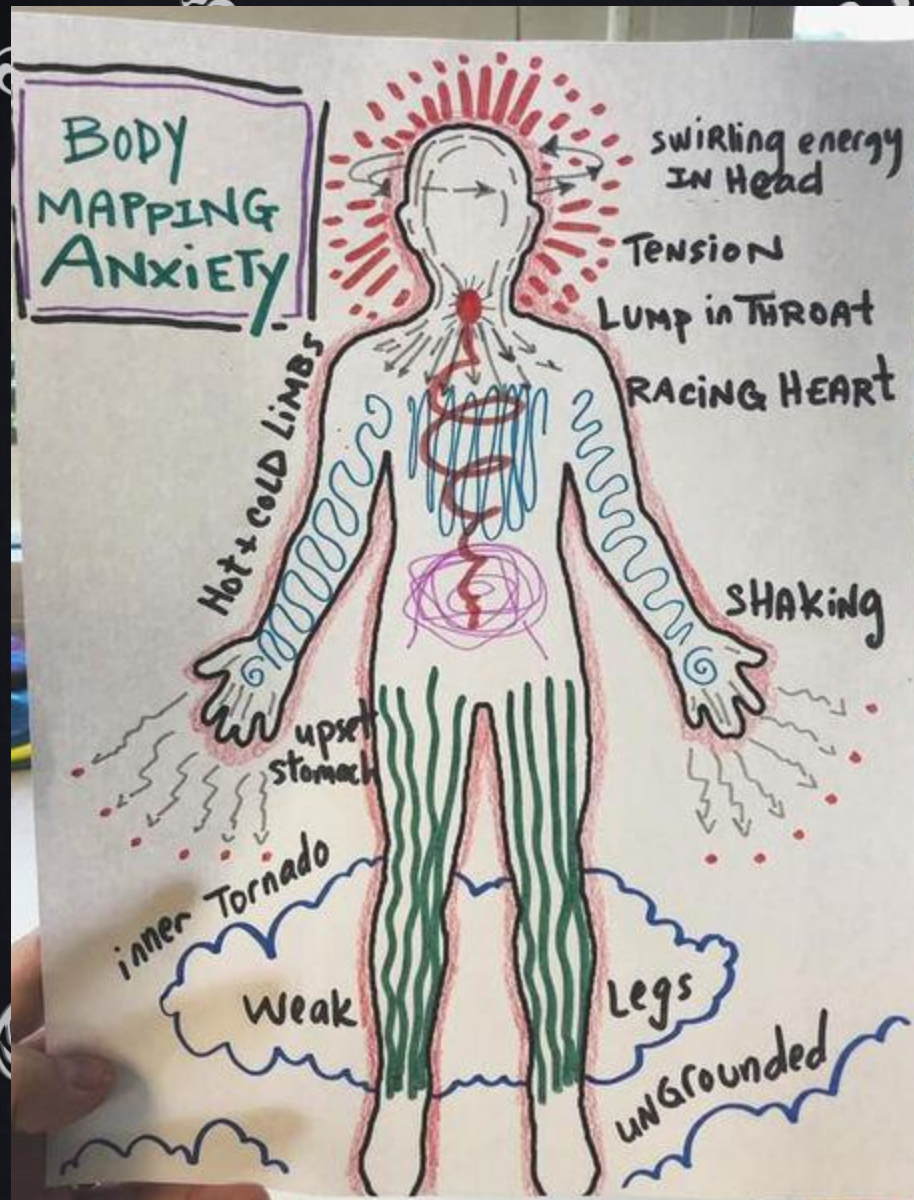


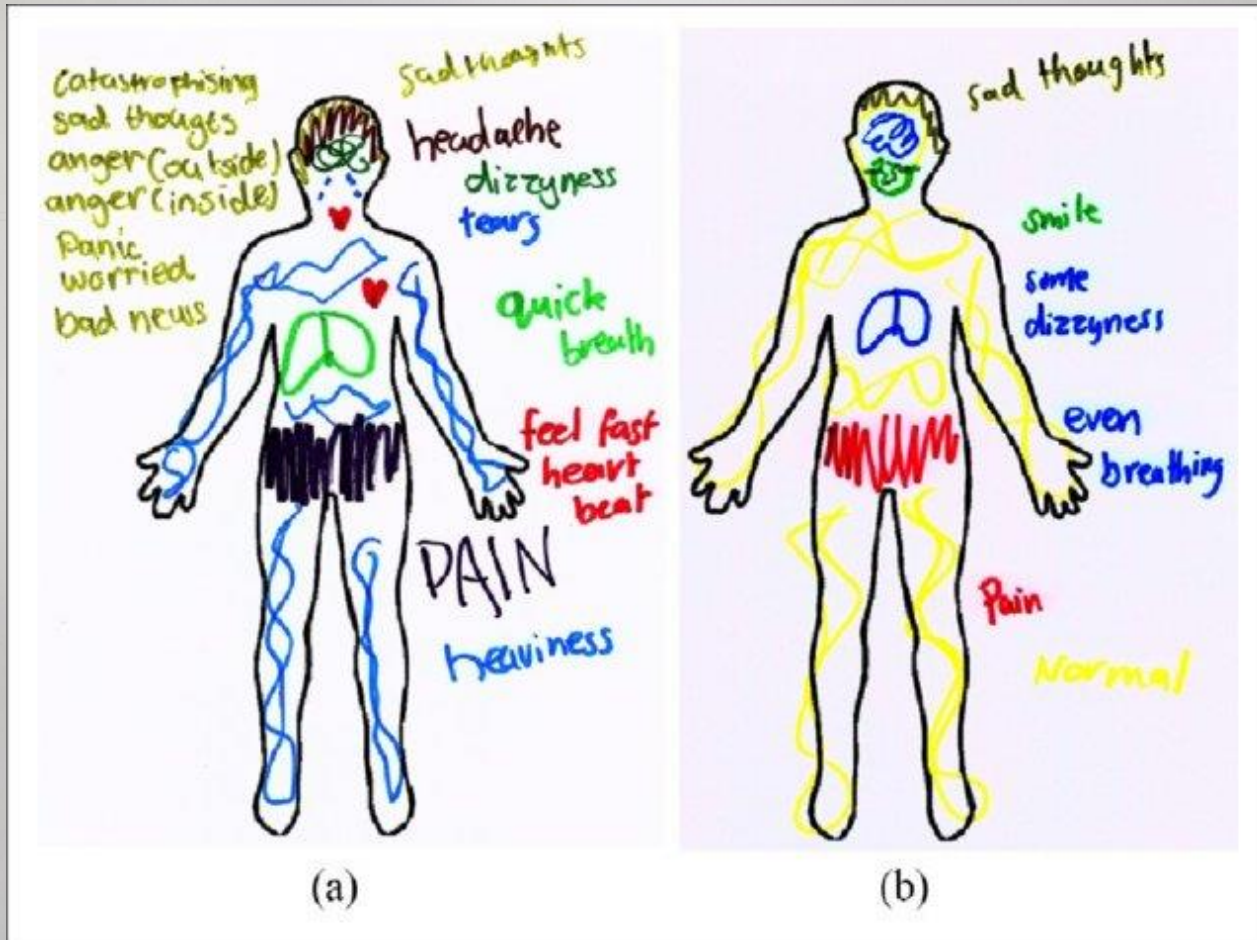
COMMUNITY HEALTH INTERVENTION SCENARIO

❖ In community health intervention scenario, participants may use Body mapping, to identify and map :

- Internal and external challenges with health and wellness,
- Pain and discomfort,
- Feelings and thoughts,
- Physical and psychological trauma,
- Societal expectations and/or stigma,
- Strengths and opportunities.









PROMPT

What is your main challenge in communicating about health with your audience?



PRIMARY STEPS

- ❖ Draw an outline of a human figure in a letter size paper.
- ❖ Identify internal factors of your challenges, and position them inside the outline of the body
- ❖ Identify internal factors of your challenges, and position them outside the outline of the body
- ❖ Identify within those factors what you can control and cannot control, and mark those with different colors.



https://www.youtube.com/watch?v=agkTtiELx9g&ab_channel=Buddha%27sLounge



Debrief and Discussions