

PSYCHOEDUCATION

Body Image



What is Body Image?

Body image is how you see and feel about your own body. Sometimes, you might feel really great about how you look, and other times, you might not feel so good. Remember, everyone's body is different, and that's what makes us all unique. The media can have an impact on what you think a 'normal' body should look like.

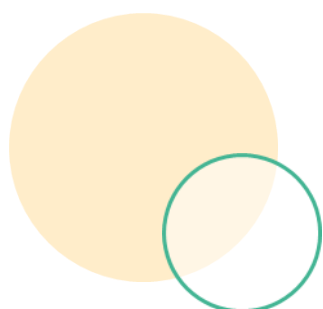
Why is Body Image Important?

How you feel about your body can affect your mood and confidence. It's important to

Signs of a negative body image

Everyone is different and people experience self esteem in different ways. However, sometimes, you might have thoughts like:

- "I wish I looked like someone else"
- "I don't like my body"
- "I feel bad when I see my reflection"



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Tips for a positive body image

Be kind to yourself, try to say kind things about yourself each day, like “I am strong” or “I love my unique features”

Celebrate your wins: No matter how small celebrate everything you achieve! If you have a positive thought about your body or try something new or manage to do something you find difficult, give yourself a high five!

Keep a journal: Write down things that you like about yourself and all the amazing things your body can do, like running, jumping or dancing!

Be kind to others: Do nice things for other people, this can make you feel happy and help you to make new friends. Example; give them a compliment or offer to help.

Spend time with supportive friends or family: Spend time with people who make you feel good and support you! Good friends are super important!

Talk about your feelings: It’s okay to share how you feel. Talking to someone about your experiences can help you feel better.

Take care online: Be aware of how you feel when you are online, it is okay to take a break from social media. Remember that many images have been changed to make the person look different, they may be filtered or photoshops.

Avoid comparisons: Remember everyone is unique! It is not helpful to compare yourself to others, focus on being the best you!

Remember: you are special just the way you are! You’ve got this!

Useful websites and apps:

Young Minds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

<https://www.youngminds.org.uk/>



Kooth is an online free website which provides free, safe and anonymous mental health support for children and young people aged 11-18. It includes a safe online community, a range of self-help tools and live text-based chat sessions with a qualified mental health practitioner.

<https://www.kooth.com>



The Teen Sleep Hub offers advice on how to sleep better, tips on tweaking your routine and help to understand the science behind sleep patterns.

<https://teensleephub.org.uk>



The Every Mind Matters website has a specific section on mental health and self-care for young people:

Self-care tips videos for young people - Every Mind Matters - NHS (www.nhs.uk)

