

Body Image

What is Body Image?

Body image is how we think and feel about ourselves physically, and how we believe others see us. During adolescence and puberty, your brain and body go through huge changes. Your body releases hormones which make you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone, and can sometimes make you feel out of control or anxious. (Young Minds)

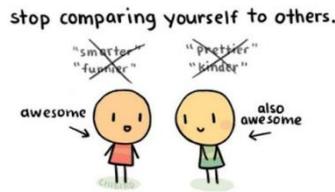


What can you do if you're worrying about the way that you look?

At some point in most people's lives they worry about their appearance, and the way other people see them. The first thing to remind yourself is there isn't just one way to be "good looking". In fact, everybody likes different things about people and themselves. There isn't a right or wrong way to look, so try not to get too caught up in feeling you're not pretty or handsome enough. You certainly are. However, if you'd like some further support, try some of the following things for yourself:

Don't compare yourself to others:

We're all guilty of it – aimlessly scrolling through social media and comparing ourselves to a celebrity that appears to have the 'perfect' body. It can be hard to scroll past these posts without analysing every single difference between yourself and the person posting. It is so important to remember that most of these photos are edited and airbrushed to the point where they do not offer a true reflection of what the person actually looks like.



Focus on what you like about yourself:

Sometimes it's very easy to pull yourself up on the things you're not so keen on about yourself. What's harder is to figure out what you do like about yourself. However, it's well worth doing because it's much better to focus on positives not negatives. If you struggle to find something you like about yourself, ask friends and family to help you get started.



Ask yourself, would you say this to a friend: Part of being kind to yourself requires self-care and empathy. Try looking at yourself as though you are your friend. Would you say what you say about yourself to a friend?



For more information and advice, please visit:
<https://firststepsed.co.uk/what-actually-is-body-image/>



“SURROUND
yourself with
Only
people who are going to lift you
HIGHER
...Oprah

Spend time with positive people: Sometimes we feel bad about the way we look because we're surrounded by judgemental people who tell us we don't look good enough. Try your best to avoid these people and instead be with people who make you feel good about yourself.

Helpful advice to tell yourself and others:

Here is some advice for you to tell yourself if you start feeling down about the way that you look. You could also give this advice to someone else you know who is struggling with liking their body.

- Your body is enough, and will always be enough.
- It's okay to not love your body today - Let's just work on accepting it.
- Let's find one thing you like about yourself today, and maybe that'll help us find a new one tomorrow.
- There are over 7 billion people in this world and there is only one me...I'm kind of a big deal!