

Body Image

Is the mental picture you have of your body. It includes attitudes & feelings about how you look & how you think other people see you.

Tips for Improving Body Image

- Give yourself 3 compliments every day.
- List things that make you happy.
- Identify what you can realistically change & not change.
- Make small goals for yourself for healthy changes.
- Surround yourself with people who care about you.
- Do things that make you feel good.
- Enjoy every day!



The **media** shows people in ways that set impossible standards. Tricks like makeup, photoshop, & airbrushing make celebrities seem more flawless than they are!

- ### People with HEALTHY *Body Image*...
- Accept bodies come in different shapes & sizes.
 - Know there are good things about their bodies.
 - Are comfortable with their bodies.
 - Are critical of the 'ideal' body seen in the media.

- ### People with UNHEALTHY *Body Image*...
- May think a lot about how they see themselves or how they think others see them & may be uncomfortable with their bodies.

Eating Disorders

- Are often a coping strategy for other problems.
- There is usually an intense fear of gaining weight & emotional, social & physical difficulties.



Body Image
is influenced by...

Family
Media
Society
Friends
Girlfriend or boyfriend



For more information or support, contact your local

Mental Health & Addiction Services Office.

Mental Health Crisis Line

1-888-737-4668

NL Health Line

1-888-709-2929

Western
Health