Body Image

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.

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

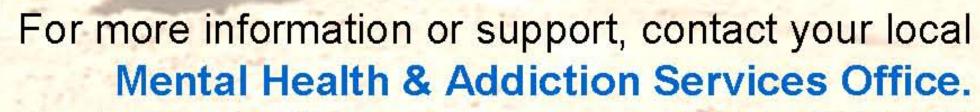## Tips for Improving Body Image

- 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!

Body Image is influenced by…

Family **Media**
Society **Friends**
Girlfriend or boyfriend

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

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