

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 that 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 these things for yourself:

Don't compare yourself:

Comparing the way you look to others, particularly celebrities. It's really important to realise a lot of the images we see of celebrities are edited, and not a real representation of what they look 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.

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?

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.

Talk to someone that you can trust:

People who care about you can offer the support you need. This could include parents, carers, family, friends, teachers, the school nurse, youth workers or a Doctor/your GP

Helplines and services available:

Samaritans www.samaritans.org Freephone (UK and Republic of Ireland): 116 123 (24 hours)

Childline www.childline.org.uk Freephone 24h helpline: 0800 1111

Kooth: Free, safe and anonymous online support for young people www.kooth.com

Shout: Free 24/7 text service for anyone in crisis www.giveusashout.org Text 85258

The Mix: Free information and support for under 25s in the UK 0808 808 4994 www.themix.org.uk

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