Stay Safe @ Upton

Focus: Body Image

WHAT IS BODY IMAGE?

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses:

• What you believe about your own appearance.

• How you feel about your body, including your height, shape, and weight.

• How you sense and control your body as you move. How you physically experience or feel in your body.

• Beliefs about body image sometimes go beyond body size and shape. Gender identity, skin tone, how our body functions and many different elements contribute to how we feel about ourselves and our bodies

Many of us internalize messages starting at a young age that can lead to either positive or negative body image. Having a healthy body image is an important part of mental wellbeing and eating disorders prevention.

HOW CAN BODY IMAGE AFFECT MENTAL HEALTH?

Struggling with your body image can lead to feelings of:

• Low self-esteem

• Depression

• Anxiety

• Isolation and loneliness

• Eating problems

• Obsessing over how you look

WHAT TO DO IF YOU ARE WORRIED ABOUT HOW YOU LOOK

- NOTICE HOW SOCIAL MEDIA AFFECTS YOUR BODY IMAGE - Unfollow accounts that make you feel bad
- BE KIND TO YOURSELF - Try not to compare yourself to images you see online. These are often digitally changed to make them look 'perfect'
- FOCUS ON GOOD THINGS - Focus on the things you like about yourself or parts of your body you like
- SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL POSITIVE ABOUT YOURSELF

GET HELP:

THE MIX: support for anyone under 25 about anything troubling them—email support , free 121 webchat and free short term counselling service. Phone 0808 808 4994 3 p.m.—12 a.m. 7 days a week

YOUNG MINDS TEXTLINE: Free 24/7 text support—text YM to 85258

BEAT: Information and support for anyone affected by eating disorders—121 webchat available and telephone 0808 801 0677 or 0808 801 0711, open 365 days weekdays 9 a.m. to 8 p.m. and weekends 4 p.m to 8 p.m.