

Steps to a Positive Body Image

For many people, especially those in their early teens, body image can be closely linked to self-esteem. Body image is one of many factors that can either positively or negatively impact your ability to make a thoughtful and healthy decision. According to the National Eating Disorder Association, having a positive body image means that, most of the time, you see yourself accurately, you feel comfortable in your body, and you feel good about the way you look. Body image is not necessarily connected to your size or shape. It is common to struggle with body image, no matter who you are. Here are a few tips to assist in improving your body image.

1. List things you like about yourself, that aren't connected to your weight or appearance. Understand that your physical appearance is only a part of who you are and that physical appearance says little about your character or value as a person.
2. Don't believe everything you read or see in magazines or on TV. Become aware of messages that make you feel bad about yourself or your body. Don't let them distort how you see yourself.
3. Wear clothes that are comfortable and that make you feel good about your body. Feel free to experiment with different kinds of looks.
4. Surround yourself with positive people. Stick with people who support you, share your values and make you feel good about yourself.
5. Participate in activities you love. Exercise also releases endorphins in your body that contribute to a healthier, happier you.

Remember that the image you see in the mirror is the image you reflect to others. Develop a positive self-image to be yourself and let it show.



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