

Tips If You Are Struggling With Body Image



! Know that you are enough !

Write a list of what you like about yourself.



Don't forget that beauty starts from within.

Don't criticise your appearance.

Remember celebrities and people on social media, don't really look how they may appear, often the photos are edited or use filters.

Appreciate how much your body does everyday.



Be a healthy role model to others.

Exercise

Consider your use of social media
How does it affect your mood?

Remember that everybody has a body part they feel sensitive about.

