

# 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.**

