

WITH ME MIND

Body image



Top tips for improving your body image

- Be kind to yourself by treating your body to something it enjoys, such as taking a bubble bath or finding a peaceful area that helps your body to relax.
- Try not to compare your body with the digitally filtered 'perfect' body that you may see online or in the media, as these images are edited to look that way. Remind yourself that beauty is not skin-deep and start to recognise your inner qualities.
- Write a list of things you like about yourself that aren't related to your body image. Read this list often, and add any new self-compliments.
- Spend time with positive people that make you feel good about yourself.
- Wear comfortable clothes that make you and your body feel good.