

TEENS, and Body Image



I ♥ ME

Body Confidence: The way we think and feel about the way we look and how we behave as a result.

Self-Esteem: The attitude we project about ourselves and our worth.

Celebrate your individuality and the diversity of the people you know. Aim to be best you can be - you are one of a kind!

Do you wish you could change something about your body? You're not alone. Lots of people are unhappy with some part of their looks. If you get stuck on what you don't like, it can really bring down your self-esteem.

You don't need a perfect body to have a good body image. When you like your body as it is, you boost your body image. And your self-esteem too.

Accept Your Body

- **Nobody's perfect.** Everybody wants to be liked and accepted just as they are. That's true for every BODY, too! See your body the way it is. Be less of a critic. Be more of a friend.
- **Don't body-shame yourself.** If you make harsh comments about your own body, it hurts your self-esteem, whether you say it out loud or think it to yourself. It hurts just as much as if someone else said it. Be kind. Respect yourself!

Like Your Body

- **Find things to like about your looks.** Maybe you like your hair, face, or your shape, shoulders, or legs? Your eyes, your smile? Tell yourself what you like and why. Accept those things. Let yourself feel good.
- **Focus on what your body can DO.** There's more to your body than your looks. When you play a sport, walk, run, dance, swim — that's your body in action. Your body is there for you when you stretch, climb, or jump for joy. When you carry things, build things, or give someone a hug. Be amazed. Be thankful.

Take Care of Your Body

- **Get good sleep.** Learn how much sleep you need for your age. Get to bed on time. Turn off screens hours before bedtime so you can sleep well.
- **Be active every day.** Your body needs to move to be strong, fit, and healthy. You can be active by playing a sport, you can run, walk, work out, do yoga, swim, or dance. Enjoy the fun you can have.

What if I Need Help With My Body Image and Self-Esteem?

Sometimes, body image or self-esteem problems are too much to handle alone. Health issues, depression, or trauma can affect how you feel about yourself. Eating disorders can cause a poor body image that isn't true.

Tell a parent or doctor, what you're going through. Ask for help. Body image and self-esteem can get better with help and care.

“My child agrees that exercising and feeling good is far more important than starving yourself and being the ideal size”

Body talk action

checklist:

Some tips on how to have a different kind of conversation:

☐ Tell your friends that you're bored of body talk:

Be on red alert next time you meet up with a friend. If they start any body talk, tackle the issue head on. For example, say, "I like you, and it hurts me to hear you talk about yourself that way."

☐ Replace the negative with the positive:

Take a body inventory and think of a replacement statement that is positive for every negative word that you usually speak. Swap out "chubby" for "curvy", or "frizzy" for "voluminous."

☐ Take the one-week challenge:

Challenge yourself to a week free from body talk and other negative self-criticism. Tell your friends and family what you're up to, so they can support you and even try it for themselves.

☐ Focus on the fun talk:

Highlight the positive emotional and health benefits of changing your lifestyle. If your friend has started a new exercise regime, try them how it is making them feel, whether they feel stronger or are sleeping better - not how much weight they lost.

☐ Appreciate your body for what it can do:

The first step to building your self-esteem and confidence is to love your body. Use it to feel energised: Go for a walk and enjoy the fresh air, do some gardening or take the kids out for a bike ride.

be You

10 ways to build a better self image.

Read books and magazines with positive messages that make you feel good about yourself. Ditch anything that makes you feel inadequate.

be Savvy

Avoid body-bashing in social settings. Instead, focus conversations on the positive traits of yourself and others.

be Kind

Be good to your body by getting enough sleep, eating nutritious foods and being physically active. Avoid smoking, drugs and other unhealthy behaviours.

be Balanced

Focus on all the amazing things your body can do, not how it looks. Appreciate your ability to run, dance, play or create.

be Positive

Make a list of your positive qualities that aren't related to your body or appearance. We are all much more than what we look like on the outside.

be Proud

Think about the people you admire. Have they impacted your life because of what they look like or because of what they have accomplished?

be Inspired

Recognise that people naturally come in different shapes and sizes - embrace what makes you unique.

be Diverse

Wear clothes that fit your body type and make you look and feel good - no matter what your size.

be Stylish

Challenge negative thoughts about your body. Try to be less judgemental and learn to talk more positively about yourself.

be Accepting

Take time to pamper yourself. Try a Yoga class, get a massage or facial, or take a relaxing bubble bath - you deserve it!

be Special

Contact:

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