

## WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are having negative thoughts about your body image that are having a significant impact on your mood
- are having trouble with everyday life such as going to school, seeing friends or taking part in leisure activities.

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

### BEAT

Offers information and support for anybody affected by eating disorders. Access to helplines, chatroom and resources available via the website.

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
Helpline: 0808 801 0677  
[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

### The Mix

Offers support to anyone under 25 - from mental health to money, from homelessness to finding a job, from break-ups to drug. Access to an online community, a confidential helpline, and a counselling service.

[www.themix.org.uk](http://www.themix.org.uk)  
Helpline: 0808 808 4994

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123	 In emergencies, call 999
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### USEFUL APPS



Good Blocks



What's Up?



Super Better



Calm App



ThinkNinja



Mental Health  
Support Team  
Portsmouth

Portsmouth  
Mental Health Support Team

NHS

Solent  
NHS Trust

# BODY IMAGE



[pik-mee-uhp] noun

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.

## WHAT IS BODY IMAGE?

Body image is how we think and feel about ourselves physically, and how we believe others see us. There are lots of ways we can think about our body and the way we look - you might find that there are times when you like your body, or parts of your body, and times when you struggle with how you look.

These thoughts about how we look are often influenced by things going on around us. It can be what we see every day on social media, what the characters we see on TV look like, or seeing adverts about 'improving how you look'. All of this can contribute to how we feel about our body.

## HOW CAN THIS AFFECT MY MENTAL HEALTH?

You can struggle with body image at any point in your life or continuously throughout your life, but it is common to have these thoughts when you are going through puberty. During puberty, your body releases hormones which makes you more aware of how you look, and more aware of other people's bodies. These changes happen to everyone, and can sometimes make you feel out of control or anxious. It can lead to:

- Feelings of anxiety and / or low self-esteem
- Feeling isolated and lonely
- Comparing yourself to other people
- Struggling to identify positive qualities or characteristics in yourself
- Wanting to or trying to diet by 'eating healthily' or following food movements such as the 'clean eating', 'raw food', 'vegan'
- Spending excessive time getting ready; making you late for or missing commitments
- Increasing activity/exercise with a purpose of changing your size and shape

## WHAT CAN I DO?

### Be kind to yourself

Try not to compare yourself to the images you see online, they are often digitally changed to make them look 'perfect' – they don't reflect how people look in real life. It might help you to write down the nice things people say to you, and not just about how you look. Remember, people value you for many reasons - your personality, characteristics, morals, values, behaviour, skills, effort, passion, ambition.

### Focus on the things you like about yourself, and your body

Use positive affirmations such as 'I am more than a body', 'my worth is not measured by my weight', 'I am allowed to take up space', 'I am not a number on the scales'. Make a list of at least 5 things that you like about yourself, that aren't related to how much you weigh or what you look like. Read your list often. Add to it as you become aware of more things to like about yourself.

### Appreciate all that your body can do

Every day your body helps you. Celebrate all of the amazing things your body does for you—running, dancing, breathing, laughing, dreaming, etc.

### Spend time with people who make you feel positive about yourself

It is easier to feel good about yourself and your body when you are around others who are supportive and who recognize the importance of liking yourself just as you naturally are. Think carefully about who you follow on social networks; unfollow those who make you feel less than you are.

### What would you say to a friend?

Think about what advice you would give a friend if they told you they were struggling with the way they look, and remember that advice whenever you start having negative thoughts.

