

Do you worry about how you look?

Body image is how you think and feel about your body, both when you are looking in the mirror, but also when you think about your body in general.

Understanding body image

Your body image and mental health are closely linked. If you have a negative body image, you might feel bad about yourself, which can lead to feelings of anxiety, depression, or stress. You might start to avoid certain activities or social situations because you're worried about how others will see you. When we struggle with body image issues, this can also lead to unhealthy habits, like extreme dieting, over-exercising, or even developing eating disorders, all of which can affect our mental health.

Body image can be impacted by things we see on social media, or in films or on TV, as well as peer pressure. Sometimes, we focus on certain parts of our bodies — like how tall we are, how much we weigh, or what our skin looks like. It's normal to want to look good or to compare ourselves to others, but it's important to remember that your body is unique to you, and there's no "perfect" body.

If you have a positive body image, you're more likely to feel good about yourself, take care of your body, and enjoy life without worrying so much about how you look. You recognise that your body does amazing things and doesn't need to look like anyone else's to be valuable.

Helpful tools

Challenge negative thinking - Whenever you start thinking negatively about your body, try to stop and remind yourself of the things you like about yourself, both inside and out.

Be mindful of social media - Remember that what you see online isn't always real. Social media often shows a "highlight reel," not the full story, and people's lives (and bodies) are much more than just their appearance.

Focus on what your body can do - Instead of just focusing on how your body looks, think about the amazing things your body allows you to do — like playing sports, dancing, or simply moving through your day.

Surround yourself with positivity - Spend time with people who make you feel good about yourself and avoid those who make you feel bad.

Be kind to yourself - Remember, nobody's perfect. We all have things we like and dislike about ourselves, but being kind to yourself is key to building a better body image and stronger mental health.

Other resources

- [Kooth](#)
- [Childline](#)
- [Talk/Isle Listen](#)