



action
mental
health

Dealing with bad body image days

Practice body gratitude

What are you grateful to your body for?
Think of all the things it does for you.

Challenge your inner critic

Reframe negative thoughts. If you think 'my tummy is too big', try a positive thought such as, 'my tummy contains life-sustaining organs that need space to function'.

Be mindful of social media

It can encourage unhealthy comparison between ourselves and seemingly 'perfect' others. Not everything we see online reflects reality.



Remember: **body image fluctuates**

How you feel is not permanent.

Dress comfortably

If you are conscious about a particular aspect of your body, wear clothes that don't emphasise your insecurities.

Breathe

Mindfulness is a great way to connect with your body and develop a greater appreciation of it.

Write it down

Journaling can be a really healthy outlet for your emotions.

Be kind to yourself

What advice would you give a friend if they told you they were struggling with the way they look?

Create a list

Note down simple things you can do to offer yourself a moment of comfort and kindness, such as music, affirmations or activities.