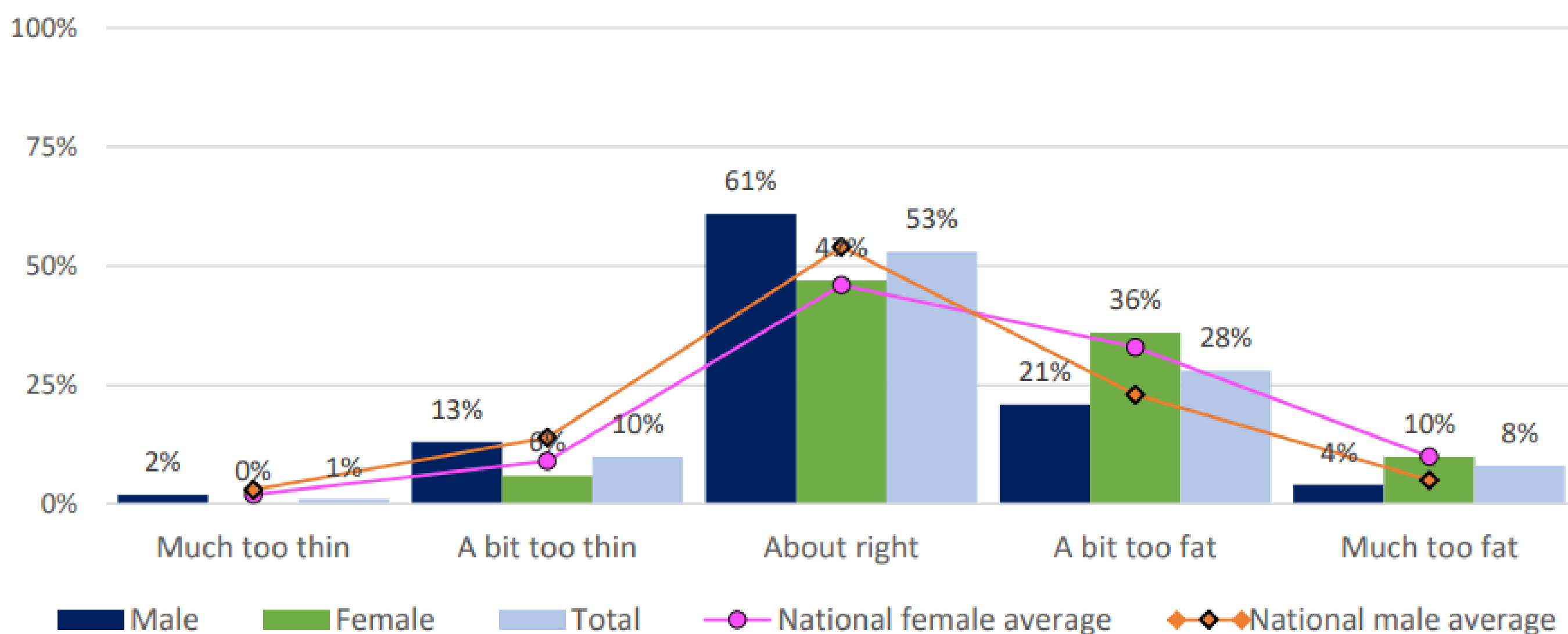# BODY IMAGE AND SELF-ESTEEM

Look at the following graph:

Body image

Fig. 26 Ysgol Calon Cymru, Builth Campus: Students' responses to "Do you think your body is…"

SHRN (School Health Research Network) 2021-2022

1. What is Body Image? Discuss as a group.
2. Discuss what the graph shows.
3. How do you know if you have a healthybody image and self-esteem?

Feeling negative about your body has been associated with unhealthy eating habits and poor mental health and wellbeing. A review of research on social networking sites and body image in children, adolescents and young adults, found that the use of social network sites, particularly photo based activities, was related to body image concerns in both males and females .

BODY IMAGE AND SELF-ESTEEM

Body image is both the mental picture you have of your own body and how you see yourself when you look in a mirror.

Self-esteem is how you value and respect yourself as a person. Self-esteem affects how you take care of yourself, emotionally, physically and spiritually.

Body image and self-esteem directly influence one another. When you have healthy body image, you feel comfortable about your body and know how to care for it.

What can I do?

1. Treat your body with respect.
2. Eat balanced meals with a variety of nutritious, appealing foods.
3. Enjoy regular, moderate exercise for the joy of feeling your body move and grow stronger, not simply to burn calories and control body fat.
4. Get enough rest so you can enjoy each day.
5. Don't judge yourself and others based on weight, shape, or size.
6. Respect people based on the qualities of their character and accomplishments, not just because they appear slim, well-built, or "well put together."
7. Dress in a way that makes you feel good.
8. Get rid of all the clothes in your wardrobe that don't fit. This includes clothes that you can wear only when dieting and clothes you wear to draw attention away from your body shape.
9. Wear clothes that you enjoy wearing.
10. Surround yourself with positive friends and family who recognize your uniqueness and like you just as you are. When you're around people and things that make you feel good, you're less likely to base your self-esteem on how your body fits the media's definition of "beauty."

BEAUTY, HEALTH, AND STRENGTH COME IN ALL SIZES. OUR BODIES ARE DIFFERENT—EVERY BODY IS A GOOD BODY.

How do I know if I have a healthy body image and self-esteem?
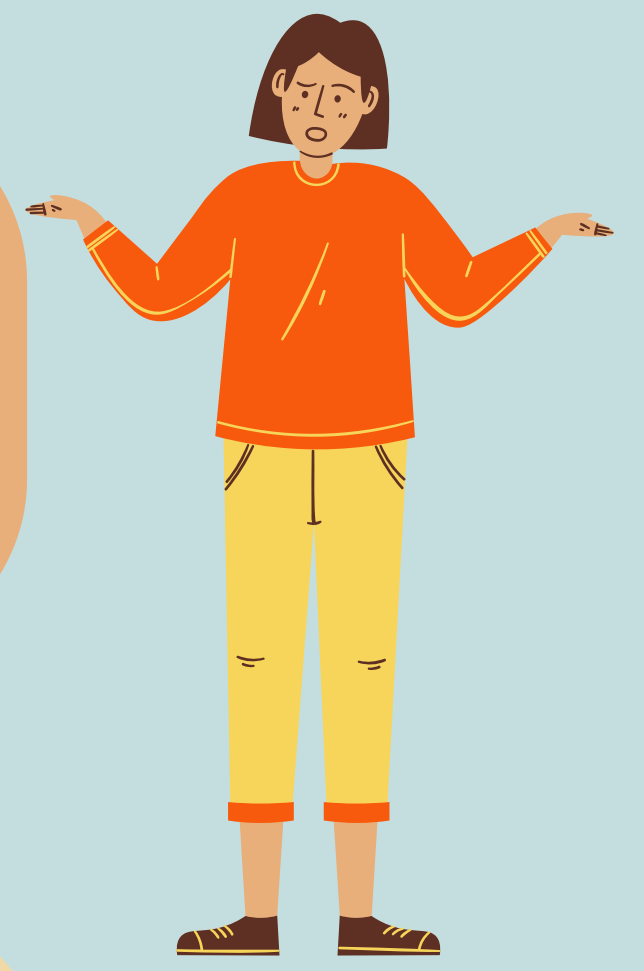
You see and think of yourself as a whole person, not a collection of specific body parts.

You accept and celebrate the uniqueness of your natural body shape and size.

You understand that a person's physical appearance says very little about their character and value as a person.

You feel comfortable and confident in your body, and avoid worrying about food, weight, and counting calories.

It's important to remember that each body is unique. Everyone's family background and environment influence their size and weight differently. There's no such thing as a "one size fits all" body type that's right for everyone.