

Student WELLBEING



BODY IMAGE

Body image refers to a combination of thoughts and feelings that we have about our body. Body image can range from positive and negative experiences, whereby we may switch between feeling positive or negative about our body (or a combination of both on some days). Body image is influenced by internal (e.g. personality) and external (e.g. social environment) factors.

NEGATIVE VS POSITIVE

Positive body image refers to a clear, true perception of yourself where you can see your body as it truly is. An example of this is when you feel happy with the way you look and value yourself by who you are and not based on what you 'look' like.

Negative body image is a distorted perception of one's shape. For example, thinking you are too fat, skinny, not pretty enough or muscular enough. It is where you believe your looks determine your value as a person, leading to fixating on changing yourself.

CAUSES OF NEGATIVE BODY IMAGE

- Social media
- Societal beauty standards
- Inappropriate comments from others
- Mental health struggles
- Low self esteem
- Personality traits
- Idea of perfect body shape
- Excessive body altering diets and habits
- Bullying

HOW TO IMPROVE AND CHANGE YOUR THOUGHTS

Some improvement skills can include:

- Talking to someone about how you feel
- Focusing on your great qualities
- Avoiding negative self-talk
- Being mindful of who you follow on social media
- Avoid making comparisons
- Critically question what you see in the media (is that body type actually realistic? Are people naturally like that?)
- Healthy eating habits
- Healthy exercise habits
- Avoid reinforcing factors; such as weighing yourself and body measurements

NEED SUPPORT?

To make a referral or seek further advice from student wellbeing please contact the manager of student wellbeing on 98036811

