

# HOW TO BOOST YOUR BODY IMAGE



## BODY IMAGE

- Body image is one of the top 3 concerns amongst Australian young people
- 70% of adolescent girls are unhappy with their body
- 9% of Australians will experience an eating disorder during their lifetime
- Dieting is the number 1 risk factor for developing an eating disorder
- Amongst 12 to 17 year olds, almost all girls and most boys have been on a diet



## Become media literate

- Question what you see and hear in the media - the images, slogans and messages
- Avoid media that makes you feel bad about yourself
- Be aware that images may be unrealistic or digitally enhanced

## Develop healthy self-esteem

- Be kind to yourself - practice self-forgiveness and self-compassion
- Appreciate your uniqueness: your interests, skills, personality and relationships

## Avoid emphasis on appearance

- Don't put yourself down to family and friends
- Don't critique other people's appearances
- Remind yourself food is for nourishment and enjoyment; and exercise is for health and fun
- Throw away your scales and don't diet

## Develop a positive body image

- Appreciate what your body does for you, not just what it looks like
- Change negative self-talk
- See yourself as a whole person

## Look after yourself

- Spend time doing hobbies and things you enjoy
- Take time to relax and nurture yourself