



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

FEBRUARY 2025 • ISSUE 6 • VOLUME 7

Body Image & Self-Esteem

How you see yourself matters, but it's important to remember that your worth isn't tied to your appearance. Your body is uniquely yours. Social media, peer pressure & your own expectations can make it hard to feel confident.

Remember no one is perfect & true confidence comes from within. Focus on what your body helps you do, not on how it looks. Celebrate your unique qualities, practice self-kindness, & surround yourself with positivity. If you're struggling, ask for help. Talk to a trusted friend, teacher, or counselor. You're not alone, & you deserve to feel good about yourself just as you are!



Resources:

[The Body Positive](#)

[Project HEAL](#)

[NEDA- Feeding Hope](#)

[MORE-LOVE.ORG](#)

[Association for Size Diversity](#)

Podcasts:

[Food Psych](#)

[Rethinking Wellness](#)

THE WAY YOU
SEE YOURSELF
(PERCEPTION)

THE WAY YOU
FEEL ABOUT THE WAY
YOU LOOK
(AFFECTIVE)

*The Four Aspects of
Body Image*

@BODYIMAGEWITHBRI

www.confidentbody.net

THE THOUGHTS AND
BELIEFS YOU FEEL
ABOUT YOUR BODY
(COGNITION)

THE THINGS YOU DO IN
RELATION TO THE WAY
YOU LOOK
(BEHAVIORAL)

Strategies for Boosting Self-Esteem & Body Image

- Challenge Negative Thoughts
- Limit Social Media Comparisons
- Focus on Abilities Over Appearance
- Set Realistic Goals
- Practice Self Care
- Surround Yourself w/Positivity
- Wear Clothes that Make you Feel Good
- Celebrate Size Diversity
- Engage in Activities that Build Confidence
- Seek Support

THE IMPORTANCE OF BODY IMAGE:

SELF-ESTEEM



Dictates how a person feels about themselves and can infiltrate every aspect of life. Contributes to happiness and well-being.

SELF-ACCEPTANCE



Making a person more likely to feel comfortable & happy with the way they look, and less likely to feel impacted by unrealistic images in the media and societal pressures.

HEALTHY OUTLOOK



It is easier to lead a balanced lifestyle with healthier attitudes and practices relating to food and exercise when you are in tune with, and respond to the needs of your body.