



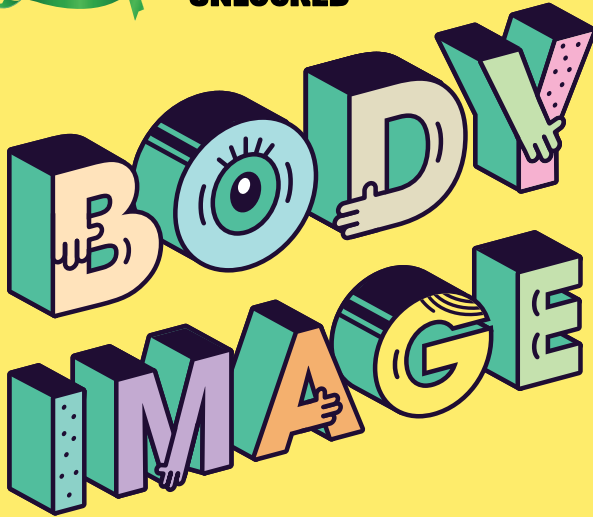
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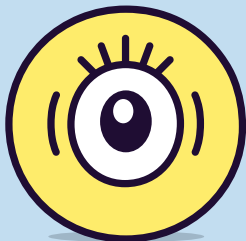


How we think and feel about our bodies.

MHF Tips for Young People Series

**“A healthy body
image isn’t a destination.
It’s about the journey
towards acceptance.”**

[Mental Health Foundation](#)
[Young Leader](#)



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Remember your whole value!

Sometimes we may struggle to see and appreciate the things that make us unique. It is important to remember body image is one part of your whole value.

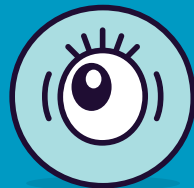
Try to focus on your strengths and qualities beyond your body that make you, you. You may find it helpful to write down praise and compliments you receive from others.



Take inspiration from a young person's [blog](#) on looking after yourself when struggling with body image issues.



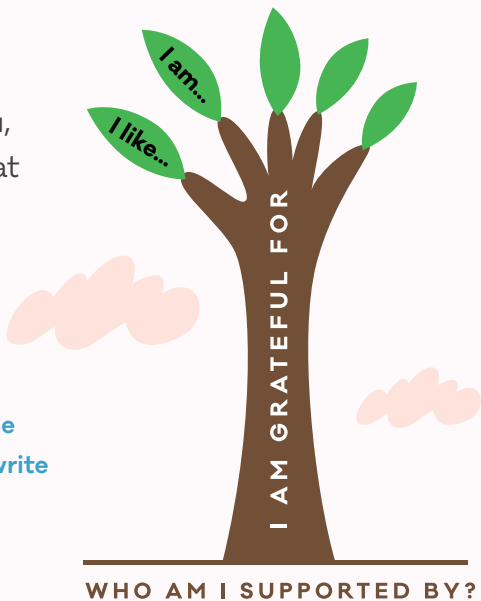
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What makes you, you

Reflect on things that make you, you, and the people and communities that surround and support you.

1. Trace your hand on a piece of paper, except the tips of your fingers.
2. Draw branches from your fingertips.
3. Draw as many leaves as you want on the branches – make them big enough to write things or draw inside!
4. Draw a line of soil on the bottom of your page.
5. Then fill your tree in!



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Speak kindly about your body and the bodies of others

Speaking kindly of ourselves is sometimes more challenging than speaking kindly of others. This can often be the case when commenting on bodies. We can easily be more judgemental of our own bodies, and over time affect our body confidence and self-esteem.

Try using kind language when you speak about your own body, or bodies of others.



Watch this [short video](#) on the being kind to yourself.



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Take note of the social media accounts you follow and how they make you feel

Social media can be a motivational tool if used thoughtfully. It is important to be mindful of your social media activity and the effects it has on your mental health and wellbeing.

Take time away from social media apps and accounts that make you think and feel negatively about yourself.



Read [advice and tips](#) on using social media and looking after yourself.



Take inspiration from a young person's [blog](#) on taking control of your social media feed.



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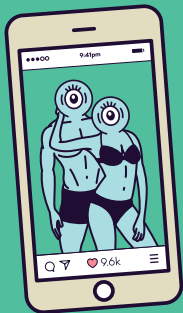


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“There’s so much harmful content on social media, so it’s really important that we recognise this and take steps to help ourselves and others to feel good about our bodies, especially when we don’t look like the ‘ideal’.” Peer Educator from the [Peer Education Project](#)



Peer Education Project



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Appreciate what your body can do

The body is essentially our vehicle through life. It carries out essential functions and it is important to learn to look after it.

There are many ways to look after our bodies, from keeping active, to eating a balanced diet, to taking moments of rest. It is about working with your body to find the best ways to support your body health.



Take inspiration from a young person's [blog](#) on learning to love and accept the body.



“Whatever our textures - skin, hair or any other part of our body - we can journey towards accepting ourselves instead of wanting to be something else.”

[Mental Health Foundation Young Leader](#)

Read the full blog [here](#).



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People who will listen



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Shout

Trained Shout Volunteers are here for you if you need to talk, 24/7.

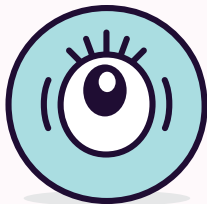
Text **SHOUT** to **85285**



Samaritans

If you need someone to talk to, Samaritans Volunteers are there to listen, 24/7.

Call **116 123**



Beat

If you need someone to talk to about eating issues, whether it is about yourself or someone else, you can contact Beat for support.

Email help@beateatingdisorders.org.uk

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You can read more advice on body image from the Mental Health Foundation's [Mind over Mirror campaign.](#)

