Having a Healthy Body Image

Body image is the way you think and feel about your body. These thoughts and feelings can be positive or negative—and they can change from day to day. Here is how you can learn to love what you see in the mirror.

Accept yourself

Self-acceptance means becoming comfortable with all parts of yourself, even the parts you don't like or fear that others won't like. When you accept yourself, you can be more authentic and you just feel good about who you are.

If this sounds hard to do, you're right. It's not easy to accept the things we'd like to change about ourselves. We all have flaws, faults, and failures, and we all struggle to accept certain things about ourselves. Self-acceptance takes work, but it's the first step to learning to love your body.

Take care of your body

When you take care of your body, you feel better inside and out.

Personal hygiene. Good personal hygiene improves your appearance and helps you feel more confident.

Healthy habits. A healthy diet, plenty of sleep, and regular exercise all contribute to your health and well-being—*and help you feel good about your body*.

Look for the positives

Focus on what you love, not what you hate.
It's easy to notice only the parts of your body that you are self-conscious about. Instead, try focusing on what you like, such as a physical feature or trait you like. If you're having a hard time finding something to like, ask someone close to you for their thoughts. Many times, other people see what we can't.

Be proud of what your body can do.
Your body allows you to do so many activities every day. Playing with a pet, enjoying a hike on a sunny day, playing a sport, or even giving a friend a hug are all possible because your body is amazing.

Avoid making comparisons

Thanks to social media, photos and videos of others are everywhere. While it's difficult to avoid seeing them, you can control how you react to them.

Understand that perfection does not exist.
What people post on social media is heavily edited and filtered. Everyone has flaws and imperfections, even though you may not be able to see them.

Remember that you are unique.
When you compare yourself to others, you're overlooking what you makes you *YOU*. Find what makes your body special and unique, and learn to love those parts of yourself.

Accept and believe compliments.
Instead of dismissing a compliment or not believing it, try saying "thank you"—and seeing yourself through another's eyes.

Having good self-esteem helps to improve your body image. Watch this short video to learn more.

VIDEO