

Body Image

Body image is how a person feels about his or her own physical appearance. Concerns with body image have been linked to a decrease in self esteem. Self-esteem is all about how much people value themselves, the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act.

Poor body images can often contribute to the onset of a variety of eating disorders, including anorexia nervosa, bulimia, and binge eating disorder. Other possible effects of the cultural obsession with looking slender include excessive exercising and fad diets.

Sometimes low self-esteem and body image problems are too much to handle alone. People may become depressed, lose interest in activities or friends — and even hurt themselves or resort to alcohol or drug abuse. If you're feeling this way, it can help to talk to anyone you feel comfortable with and can trust albeit a family member, counsellor, or friend. Someone who supports you and doesn't bring you down can help you put your body image in perspective and give you positive feedback about your body, your skills, and your abilities.