

## **Developing a positive body image :**

- ☉ Teenagers (and adults) can be very shallow and be more interested in looks than personality.
- ☉ There are two elements involved in developing a positive body image -

### **Mental :**

- Linked to developing a healthy self esteem.
- To develop a positive body image in our minds, it is important to be realistic.
- Nobody is perfect, we all have imperfections.
- It is what is inside that counts and this is much more important than what is on the outside.

### **Physical :**

- Relationships based on looks do not last.
- Do not be envious of the way another person looks.
- Learn to accept that you are who you are.
- Even as an adult you might not be totally happy with your body image.
- It is important to eat well and exercise.