

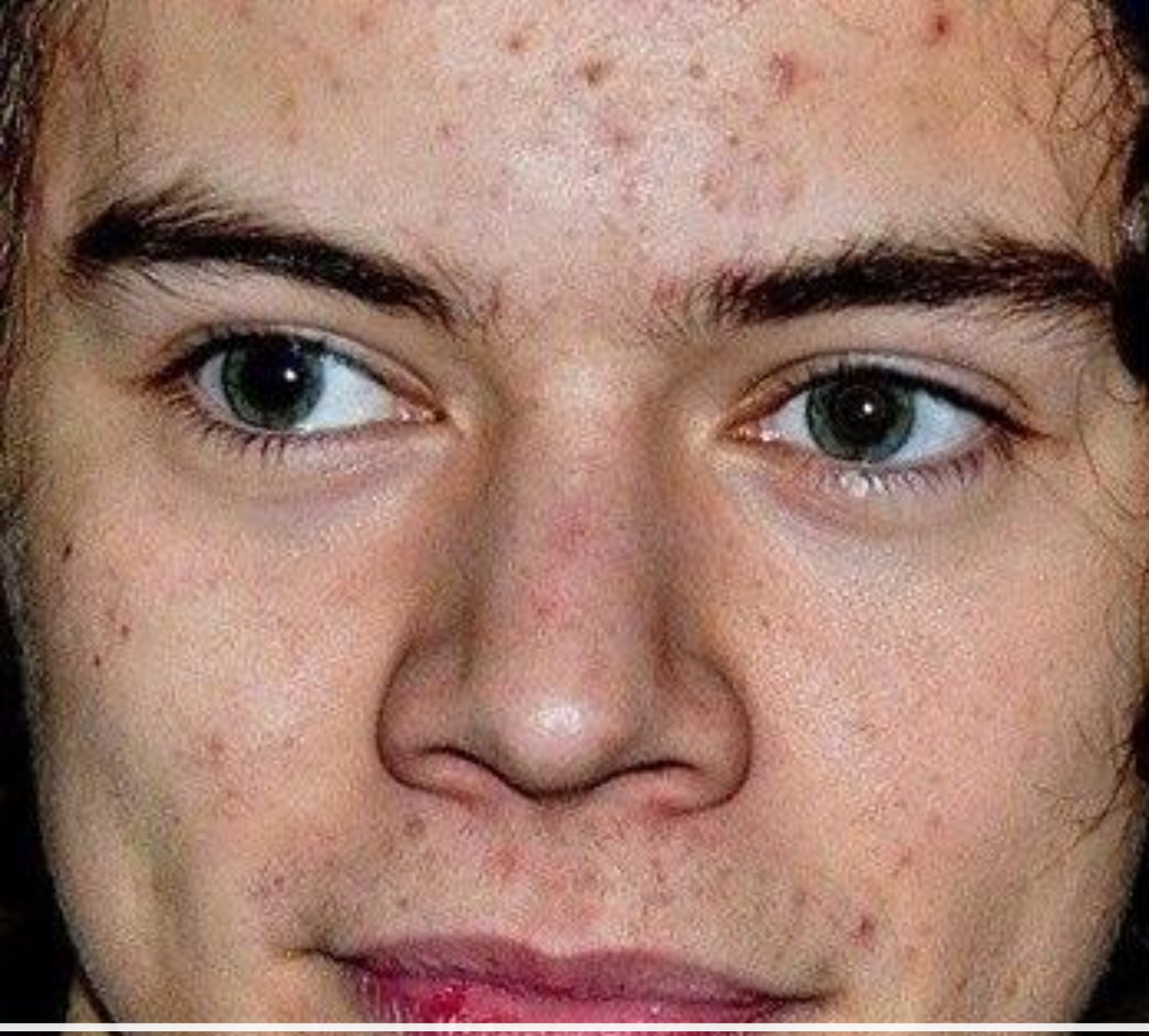
“Body Image is how people feel about the
way they look and the way their
body functions”



Before and After



Before and After



 better.net



Before and After



Before and After



Before and After





Before and After





Spend time on and off-line with people you know, treat you well and help you feel good about yourself

Use positive self-talk, and celebrate your strengths as a person

Remind yourself that you are unique, special, valued and important

Participate in activities with your family and friends

Eat a balanced diet

Be active

Talk with a trusted adult or friend if you are feeling low

Treat others with the kindness and respect. You might not be able to tell how they are feeling inside.