BODY BRILLIANT

TIPS FOR A POSITIVE BODY IMAGE

1. Focus on all the things your body can do: you made that happen!

2. Remind yourself that media images are artificial. Real people are all different: look around you in streets, schools and malls.

3. If someone criticises your looks, remember that this says everything about them and nothing about you.

4. Make your bedroom a safe space where nothing undermines you – no photos of 'perfect' bodies, no websites with artificial ideals

5. Judge people (and yourself) on actions, not looks. No shaming for appearance.

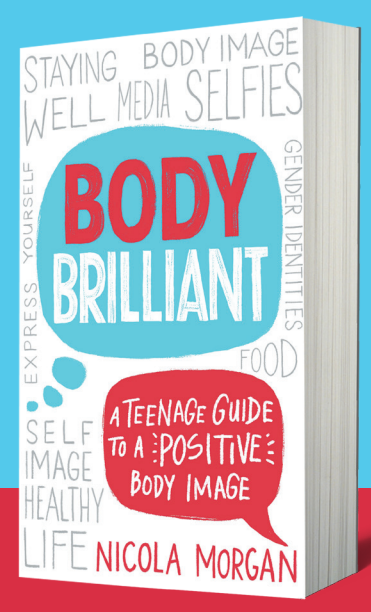
6. Avoid spending too much time looking at models of one particular shape as it will distort how you see yourself. What we see affects our mind!

7. Mood affects body image: do something fun or exciting and you'll feel better about everything.

8. Don't like what an advertiser is doing? Call them out!

9. Don't drive your body too hard: it needs food, sleep, exercise, social time and relaxation.

10. Learn the genuinely healthy things you can do to make your body brilliant: details, tips and truth in Body Brilliant!



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For expert advice, information and practical inspiration for a positive body image, pick up a copy of Body Brilliant. Lots more about teenage wellbeing and mental health: www.nicolamorgan.com

www.HachetteSchools.co.uk

FRANKLIN WATTS

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