

# Body Image

## Advice, support and information

Body image is how we think and feel about ourselves physically. Sometimes we worry about how we look or what our friends think about our body.

### Body image:

- How you feel about the way you look
- Understanding and accepting your body
- Understanding how diet and exercise can affect your body
- Supporting yourself and others with body image



### What can you do if you're worried about body image.

It is important to remember that there simply isn't a right or wrong way to look. But if you're struggling here are some things you can do:

- Be kind to yourself
- Notice how social media and TV is making you feel about your body. Unfollow or switch over from unhealthy pages and programme
- Talk to someone you trust about your worries and concerns

### Support services:

- Childline - My body - [www.childline.org.uk/info-advice/you-your-body/my-body](https://www.childline.org.uk/info-advice/you-your-body/my-body)
- Compass - Body image - [www.compass-uk.org/help-and-support/young-people/young-people-emotions/body-image](https://www.compass-uk.org/help-and-support/young-people/young-people-emotions/body-image)

Visit our website & download our referral form - scan here or visit

<https://www.compass-uk.org/services/compass-tower-hamlets-school-health-service/>



If you would like support from Tower Hamlets School Health Service, you can contact us on the following contact numbers.

Call us: **020 3954 0091**

Email us: **[compass.towerhamletsyphws@nhs.net](mailto:compass.towerhamletsyphws@nhs.net)**