

Body Image Student Reflections

1. During our life skills class, we learned the importance of developing a healthy body image. What is body image? Body image is your perception of yourself.

Body image can be healthy or unhealthy. A lot of teens are conscious about their bodies. Media, social media, family or friends may influence this.

- When a person becomes excessively concerned about their appearance, it can lead to mental disorders as listed below:
- Body dysmorphic disorder
- Anorexia
- Bulimia
- Binge Eating disorder

1. **Body dysmorphic disorder** - The person with this disorder takes a minor flaw in their appearance and turns it into a huge problem even though other people overlook the flaw. They constantly compare themselves to others. They may even undergo multiple plastic surgeries to look better.
2. **Anorexia** - People with anorexia believe that they are fat and need to reduce their weight. They reduce their food intake and become thin. Even after losing weight, they still believe that they are fat. They starve themselves, and this can be dangerous.
3. **Bulimia** - People with bulimia eat normally but they vomit the food out often. They do this to lose weight.
4. **Binge Eating** - People with this disorder eat a lot. They tend to gain weight and become obese.

The above disorders are more common among girls than boys.

How do you develop a healthy body image?

1. You must love your body. Look in the mirror and say "I love you" to yourself.
2. Love all your physical flaws too.
3. Avoid comparing yourself to others.
4. Avoid negative self-talk.
5. Exercise right, eat right and sleep well.
6. Admire and appreciate the beauty in others.
7. Stand tall, sit straight and keep your chin up.

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2. Society puts a lot of pressure on young girls to look good, leading to comparisons and insecurities about their appearance. This can result in people going to extreme lengths, such as cosmetic surgery, to change their looks.

When you have not made peace with your body, you may get obsessed with your perceived flaws and have mental disorders. People with anorexia are mentally blind. They eat less to reduce weight and continue doing so even after being severely underweight. People with bulimia throw up their food to reduce weight. Those with binge eating disorder eat a lot. Whenever they cannot manage their emotions, they make food their comfort.

How to love yourself.

- Focus on your positive qualities, skills and talents.
- Don't care much about the negative comments you get from others.
- Love yourself first before you expect others to love you.

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3. A person's body image refers to their perception of their own body. It is how a person views himself/herself. It may be positive or negative.

A person with a negative mindset regarding his/her body might feel excessively conscious about themselves. They may suffer from low self-esteem and try to change their physical appearance to look attractive. However, this can lead to severe mental health issues. A person with a negative body image may also feel depressed to the point of suicide.

Perceiving one's body in a healthy manner is a positive body image.

Family dynamics, mental illness, and influence from society and media play a role in building one's body image.

One should have a healthy body image because it forms a strong pillar for our self-esteem. I believe complimenting others and ourselves is essential for boosting confidence.

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Healthy Body image

- Feeling happy most of time with the way you look
- Valuing yourself by who you are and not by what you look like
- You are okay with someone looking better than you

