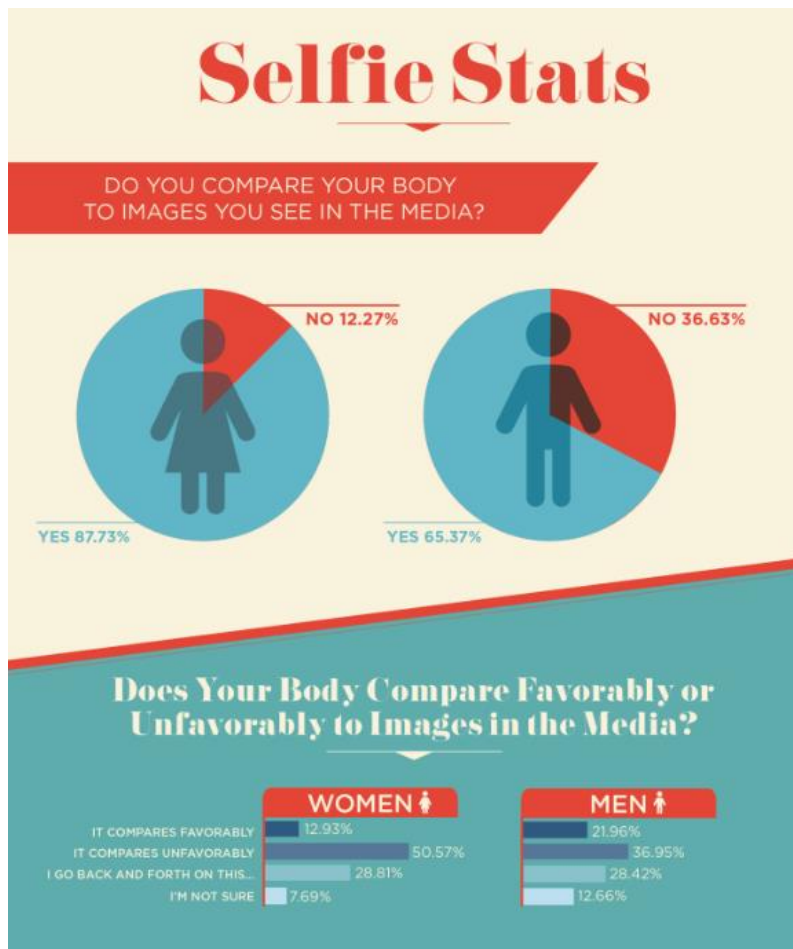# Body Insecurities

Summer is coming up! I immediately think of swimming, swimsuits, and thus body insecurities. People tend to wear more revealing clothing to beat the heat, and that can bring up a lot of concerns about the way our bodies appear. **You may be experiencing body insecurity if you have negative perceptions of how your body looks and feels.** This can reduce your self-esteem and confidence and cause you to feel self-conscious and uncomfortable in social situations.

Selfie Stats

DO YOU COMPARE YOUR BODY TO IMAGES YOU SEE IN THE MEDIA?

NO 12.27%

NO 36.63%

YES 87.73%

YES 65.37%

Does Your Body Compare Favorably or Unfavorably to Images in the Media?

	WOMEN	MEN
IT COMPARES FAVORABLY	12.93%	21.96%
IT COMPARES UNFAVORABLY	50.57%	36.95%
I GO BACK AND FORTH ON THIS...	28.81%	28.42%
I'M NOT SURE	7.69%	12.66%

So many factors can contribute to body insecurities. These include how you've been raised and who you've been influenced by- family, friends, peers, etc. While body insecurities are most experienced by females, they do not discriminate by gender, age, or race.

In recent decades, television and social media have contributed to increased comparison of bodies. I know I've struggled with accepting aspects of my body that I can't necessarily change. **Here are some tips and tricks that may help you reframe your mindset this summer!**

1. **Appreciate the ways your body supports you.** Your body can do lots of cool things- you can breathe automatically, interact with other people, lift heavy things, and even carry a baby. Recognize that no matter how your body looks, it takes care of you and you should take care of it.

2. **Don't compare yourself to others.** Your beauty is so unique- and wouldn't it be boring if we all looked the same? Write a list of ten things you like about yourself that aren't related to how you look. Your laugh, your persistence, your heart, etc. all give you value and worth.

3. **Set yourself non-weight related goals.** Focus less on how your body looks, and more on how your body feels. Making goals to have more energy and feel stronger is more productive than fixating about a number on the scale. Don't limit yourself in what you choose to do just due to size or shape.

4. **Challenge negative thoughts.** Don't be afraid to question and reframe your thoughts, feelings, and beliefs about your body. Using positive affirmations, journaling, and practicing self-care activities can all help reduce negative self-talk and build confidence and peace.

5. **Be critical of social media.** Don't believe everything you see. Images of people on social media are carefully posed and edited to present an unrealistic aesthetic. If an account or brand makes you feel badly about your body due to these strategies, unfollow them. Engage in body and mind positive content.

A Mental Health Moment

By Natalie Comastri

https://www.today.com/style/social-media-affecting-way-we-view-our-bodies-it-s-t128500
https://withinhealth.com/learn/articles/understanding-body-insecurity