

Mental Health Break



Body Image Series

Video 1: What is body image and why is it important?

Accompanying resource:

Body Image Log



Body Image Log

Indicate situations or events that trigger your body image struggles. Then note the accompanying thoughts and emotions.

trigger	thought	emotion
<i>saw reflection in mirror</i>	<i>"I'm fat and ugly."</i>	<i>shame; self-loathing</i>
<i>gained 10 pounds</i>	<i>"I'll never be thin."</i>	<i>sadness; desperation</i>

Reflection Questions

After keeping your log for a week or longer, complete the following questions:

What events or situations trigger your body image struggles? What thoughts and emotions come up most?

What are some helpful things you can say to yourself to counter your negative self-talk?