

Mental Health Break



Body Image Series

[Video 4: Why do I hate my body? \(part 2\)](#)

Accompanying resource:

Body Image Messages



Body Image Messages

Messages from advertising, commercials, and other media significantly impact body image. Critically evaluating these messages empowers you to accept, reject, or revise them based on what serves your well-being.

Complete the guided exercise below the next time you notice an external message is triggering your body image concerns:

Summarize the content of the message:

Reflect on who benefits from this message. For example, is it trying to sell a product or service?

How is the message attempting to manipulate your beliefs or emotions?

To what extent is the message accurate and aligned with your beliefs and values?

Is the message harmful? If so, in what way(s)?

How can you change or challenge the message to make it more accurate or aligned with your values?

Note any insights that emerged from this exercise: