

Mental Health Break



Body Image Series

[Video 6: How can I stop obsessing about my looks?](#)

Accompanying resource:

Body Obsession Diary



Body Obsession Diary

For one week, track behaviors related to body image that fall under one of three categories: 1) Avoiding a trigger, 2) checking your appearance (such as weighing), or 3) comparing your body to those of others. Then note what effect that behavior had on your mood.

| Date | Behavior | Effect on Mood |
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Mental Health Break resource

| Date | Behavior | Effect on Mood |
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What have you noticed about how these behaviors impact your mood over time? What could you do instead of avoiding, checking, and comparing?