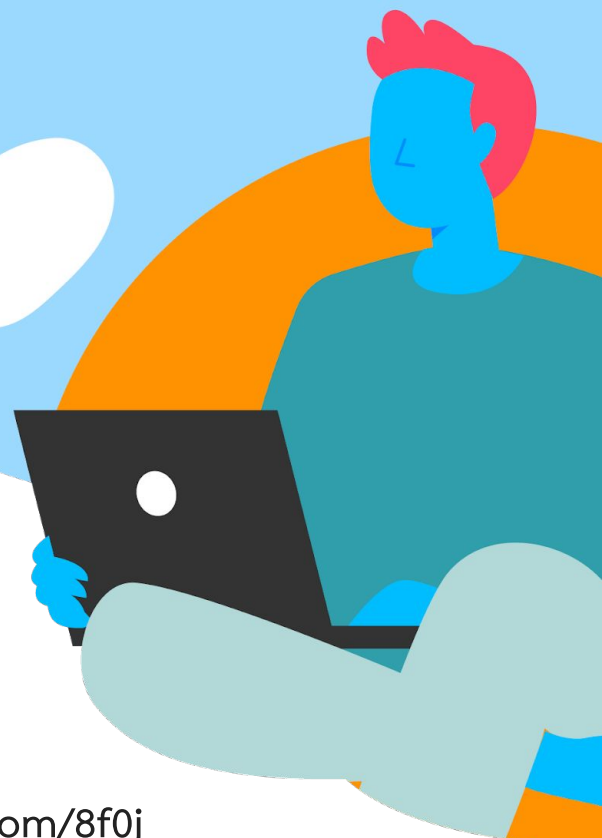
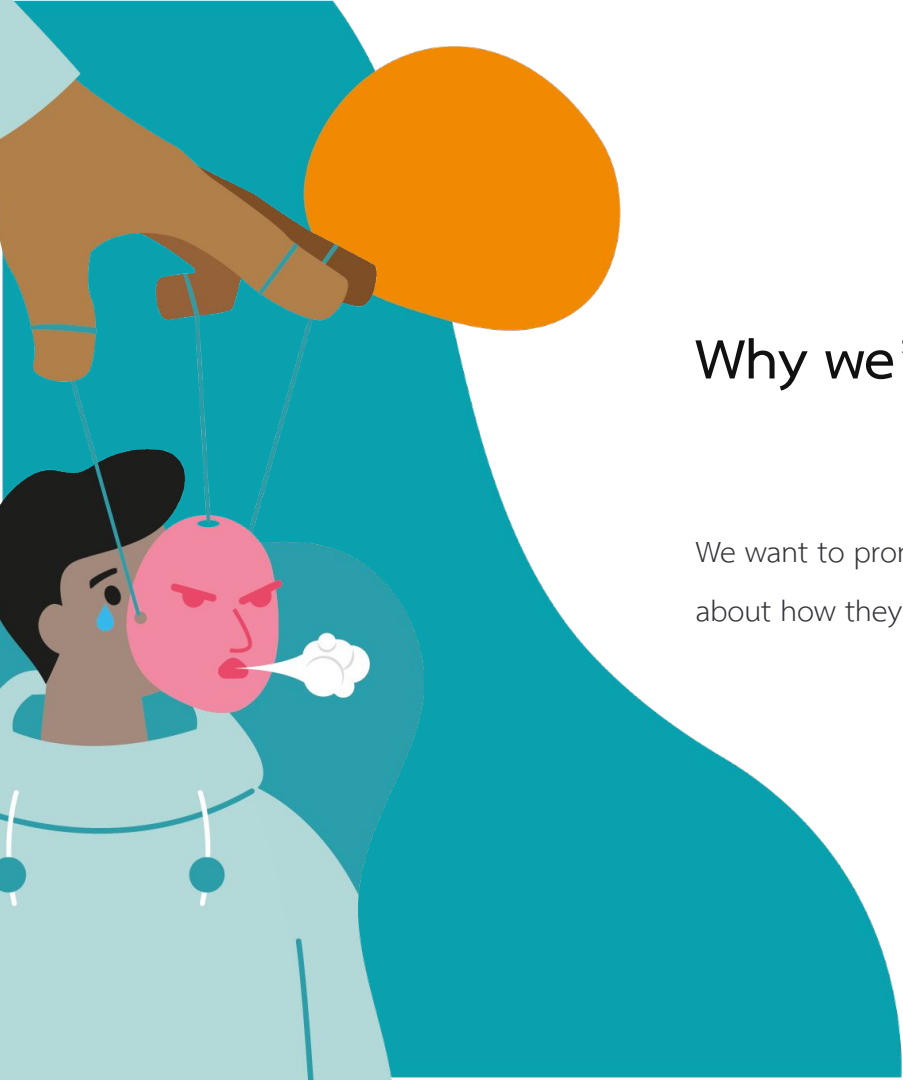


Free, safe, anonymous and online mental health support

Let's talk about body image and self esteem



[go.kooth.com/8f0j](https://go.kooth.com/8f0j)



## Why we're here today

We want to promote safe spaces for **everyone** to feel comfortable to talk about how they're feeling and explore how Kooth can support you

Dr Kerry, our Senior Clinical Psychologist  
talks about body image

# **What is Body Image, and why is it important?**



## How can body image impact self esteem

- Affects how you view your body
- Impacts how you treat your body
- Impacts how you talk about your body



# Body image myths

## True or false?

Only girls have  
body image issues

It's important to 'love'  
your body

The way we see  
ourselves is always the  
way others see us too

Body image myths  
True or false?

Only girls have  
body image issues

It's important to 'love'  
your body

The way we see  
ourselves is always the  
way others see us too

**FALSE!**

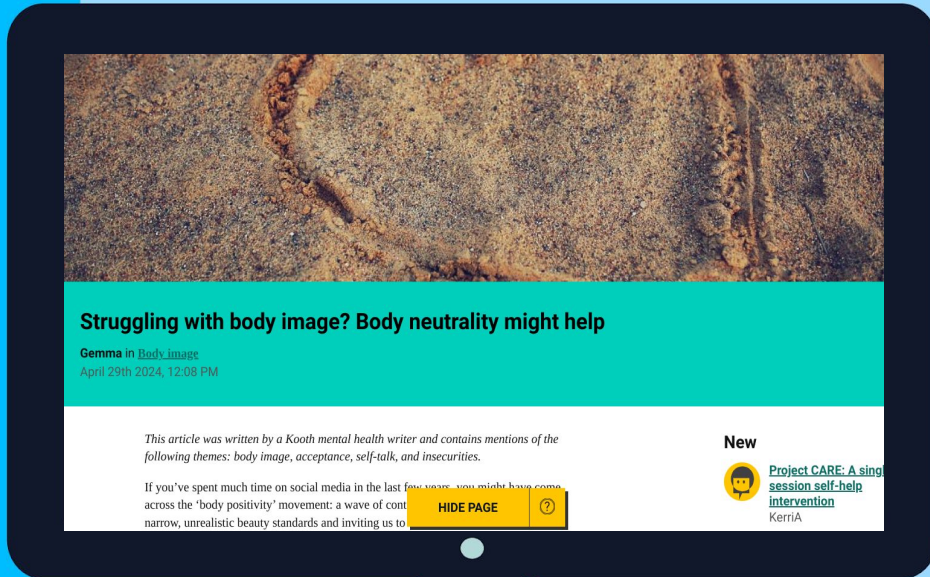
How can Kooth support people  
with their body image and self  
esteem?

Chats with our  
experienced  
practitioners

Loads of helpful  
resources

Discussion boards and live  
forums with others with  
similar experiences

# Check out Kooth content!



**Struggling with body image? Body neutrality might help**

Gemma in [Body image](#)  
April 29th 2024, 12:08 PM

*This article was written by a Kooth mental health writer and contains mentions of the following themes: body image, acceptance, self-talk, and insecurities.*

If you've spent much time on social media in the last few years, you might have come across the 'body positivity' movement: a wave of content celebrating diverse body types, narrow, unrealistic beauty standards and inviting us to

**New**  
Project CARE: A single session self-help intervention  
Kerria

HIDE PAGE



## The Way You Speak to Yourself Matters

Gemma in [Wellbeing](#)  
February 5th 2024, 2:50 PM

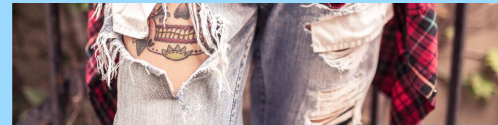
The words we use to talk to ourselves can have a huge impact on how we think, feel and behave. The way we talk to ourselves can develop and change slowly over time and can be influenced by lots of different things such as:

- The people around us and how they talk to us and others
- The expectations from others and the ones we might have for ourselves

HIDE PAGE

**New**

Project CARE: A single session self-help intervention  
Kerria



## Struggle with Body Image? How Self Compassion Helps

Ophelia in [Body image](#)  
October 6th 2023, 12:19 PM

This article was written by a Kooth writer and contains the following themes: body image, self-esteem

Put simply, body image is the way we view our bodies. It is the sum of our thoughts and feelings towards our bodies.

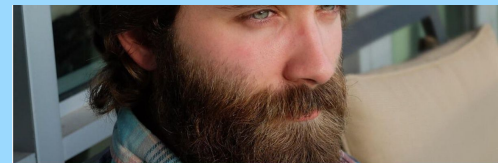
If we can look in the mirror and be happy with the way our body looks, this is known as high body image. On the other hand, if we find it difficult to face the mirror without a small sense of dread, then this may be down to low

[body image](#) (7%)

**New**

Project CARE: A single session self-help intervention  
Kerria

Love Kooth? Let us know you can let others know  
Gemma



## Boys and men: body image

Ben in [Body image](#)  
October 4th 2023, 11:53 AM

This article was written by Ben (he/him), a Kooth writer. It contains the following themes: boys mental health, self-esteem, body image.

We all have different relationships and levels of acceptance for our bodies.

There can be a lot of different reasons that someone might struggle with their

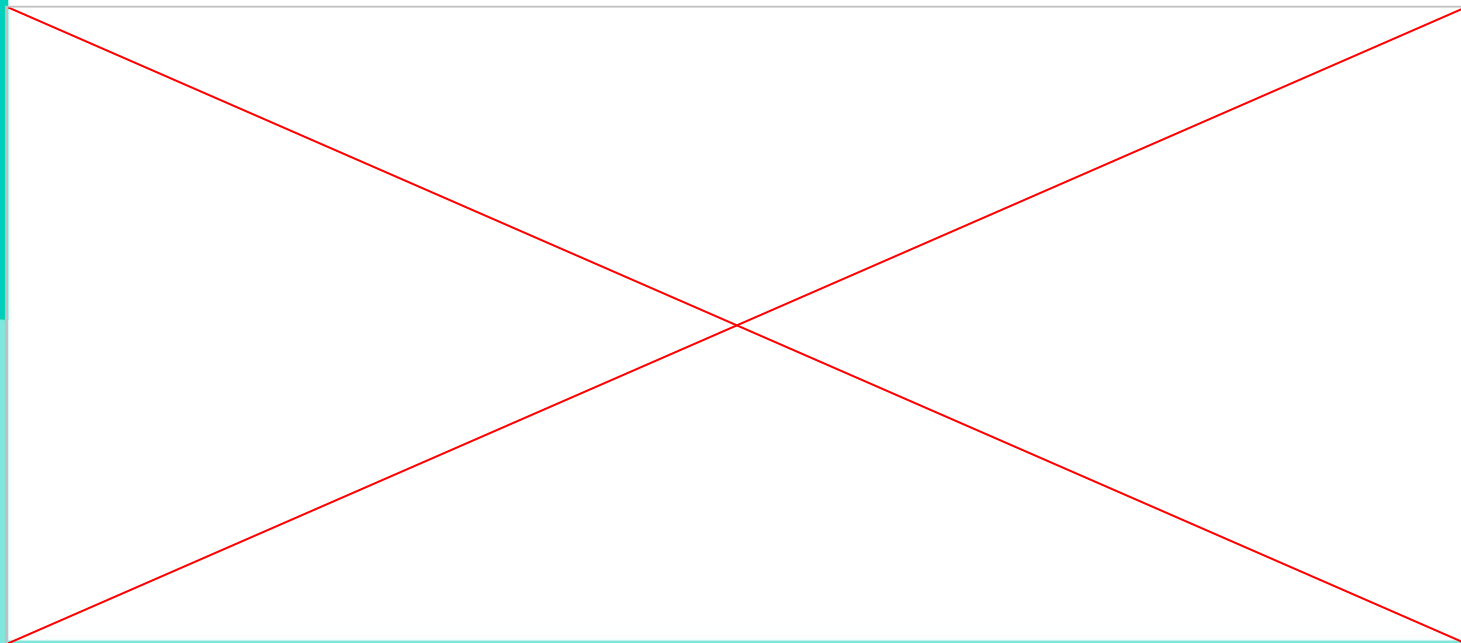
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**New**

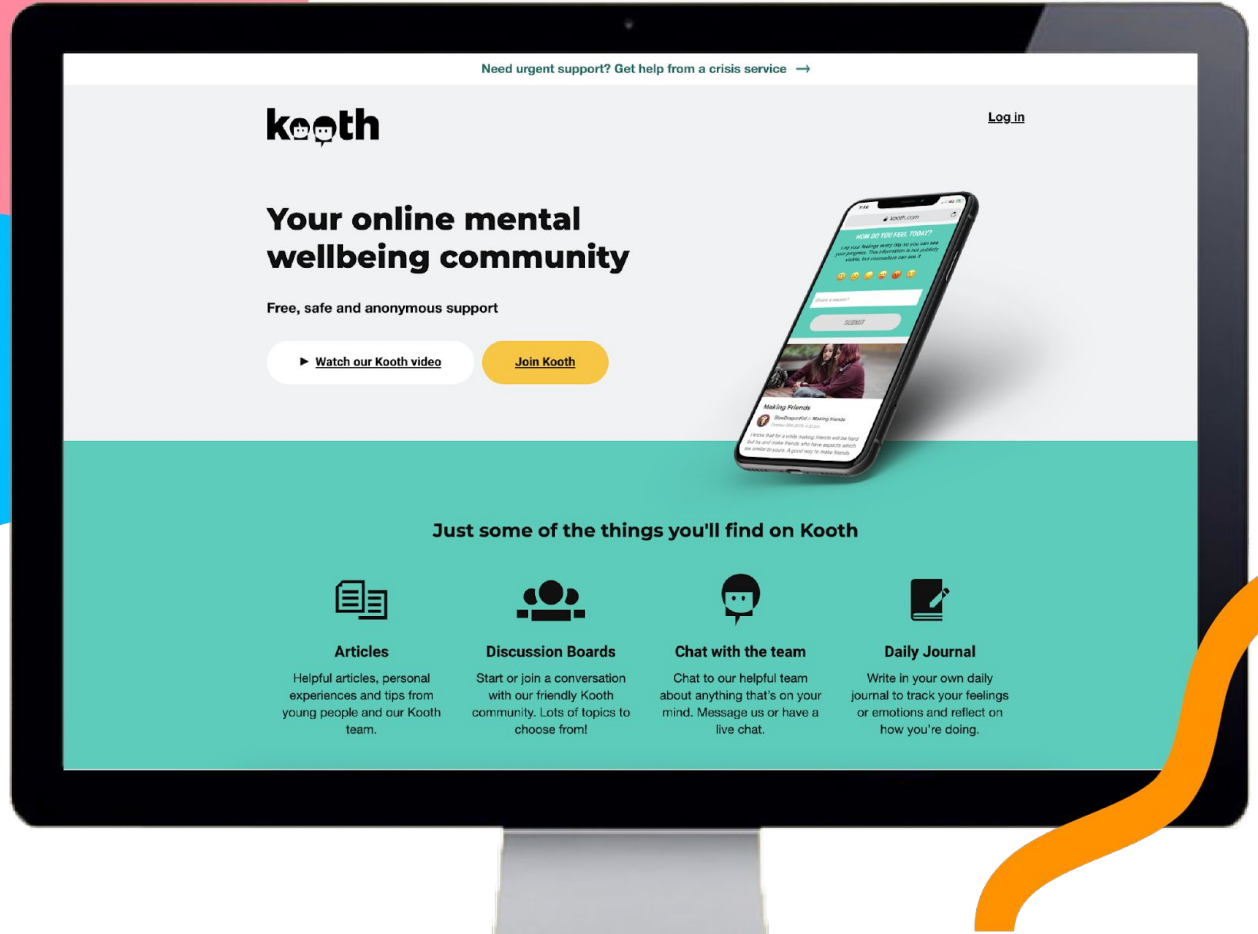
Project CARE: A single session self-help intervention  
Kerria

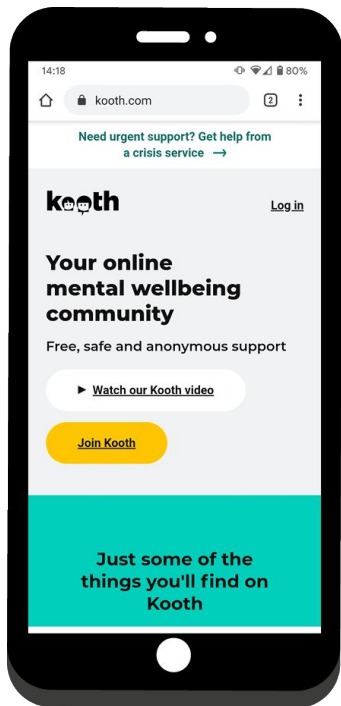


Watch Dr Kerry answer a question about body image

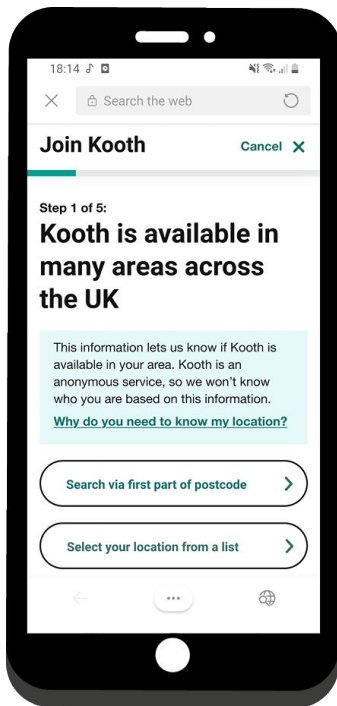


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get started



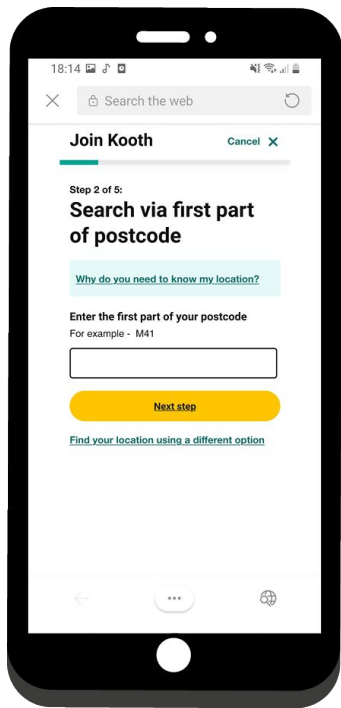


1. Select **Join Kooth**.

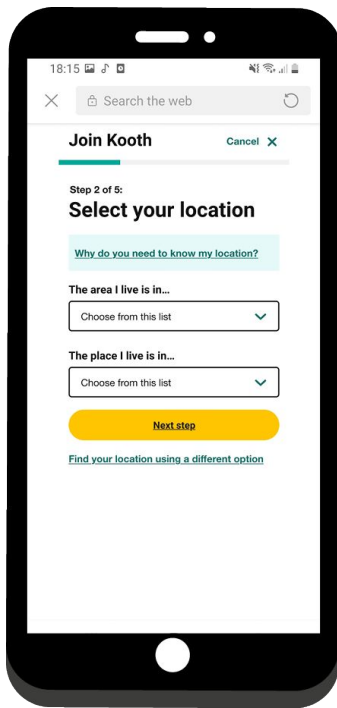


2. Sign up by postcode or select your location from our dropdown list.

How to **sign up**



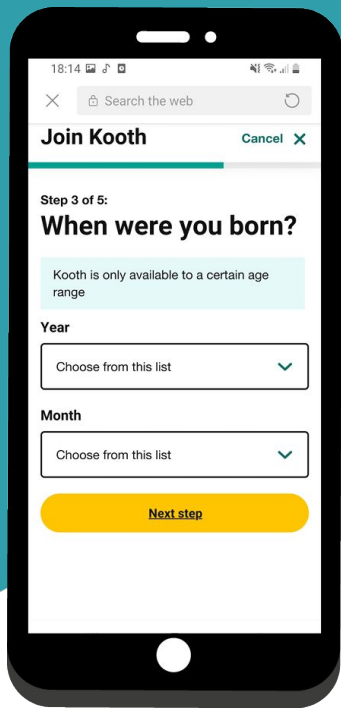
OR



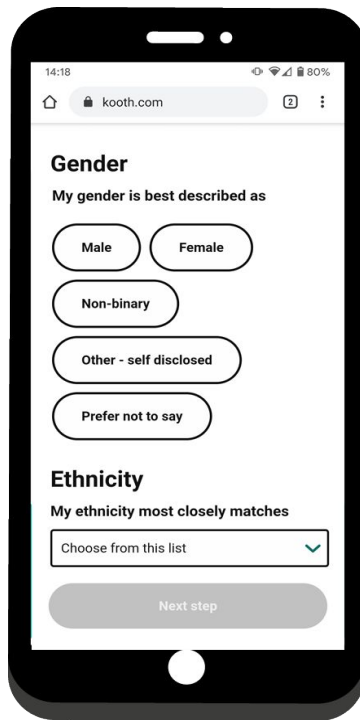
**3.** Enter the first part of your postcode.

**4.** Choose your area from the dropdown.

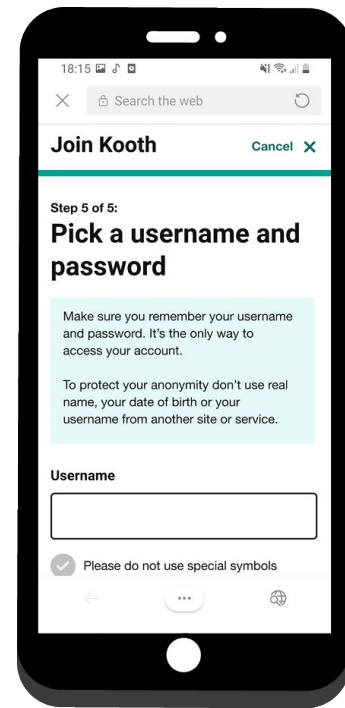




5. Select your month and year of birth.



6. Select your gender and ethnicity.



7. Create an **anonymous (not your real name)** username and secure password.

Our team are  
here for you  
**365 days a year**

You can chat with us  
during the following hours:

Monday - Friday  
**12pm - 10pm**  
Saturday and Sunday  
**6pm - 10pm**

**You can  
trust us**

**95%**

of our users  
would  
recommend  
Kooth to a friend

Join over 1 million  
young people who  
have logged into  
**Kooth.com**

Our team are  
**real people who  
want to listen  
and help**



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**Everyone** needs support sometimes - and if you do, **we're here**

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