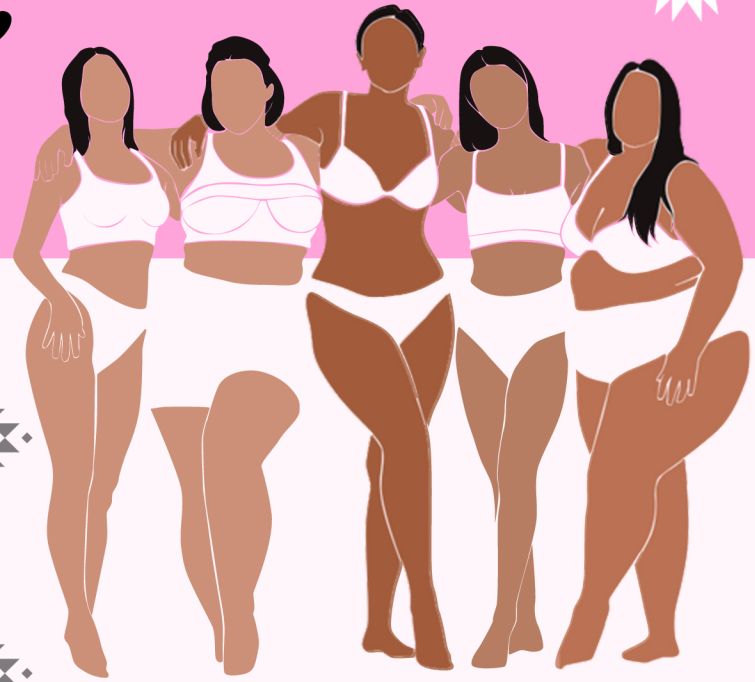


Body Image

Seeing Ourselves with Respect and Kindness



What is Body Image?

Body image is the mix of thoughts and feelings you have about your body. *It can be positive, negative, or a mix of both*—and can change over time. Our body image is shaped by **internal factors** (like personality) and **external factors** (like family, culture, and media).

The Four Aspects of Body Image

Perceptual – How you see your body (not always accurate).

Affective – How you feel about your body (e.g., proud, unhappy, neutral).

Cognitive – What you think about your body, which can lead to preoccupation.

Behavioral – What you do because of how you feel, like avoiding activities or changing eating habits.

Positive Body Image

Having a positive body image means accepting, respecting, and appreciating your body—valuing what it can do, not just how it looks. It supports:

- Higher self-esteem – feeling confident in yourself.
- Self-acceptance – resisting unrealistic media images.
- Healthy habits – caring for your body with balance.

Body Dissatisfaction

Body dissatisfaction is when negative thoughts and feelings about your body persist. Social media and unrealistic beauty ideals often worsen this, leading to unhealthy eating, overexercise, or risky supplements.

Sources: NEDA, 2024; Tiggemann, M. & Slater, A., 2014.

Building a Healthier Body Image

- Challenge unrealistic beauty standards.
- Limit harmful media exposure.
- Focus on what your body allows you to do.
- Move your body in ways you enjoy.
- Speak to yourself with kindness.
- Allow yourself to enjoy traditional foods.

*Your body is the home of your spirit and the strength of your ancestors. **Treat it with respect.***



For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am–Midnight.