

## Body Image and Self-Esteem

Lots of people feel pressure to look or dress and even act a certain way. Worrying about what other people think of you can cause a lot of stress and sometimes people can feel badly about themselves, which impacts on their self-esteem and confidence.

There are lots of things you can do to look after yourself and help you to feel more confident. The MIX offers information and advice from experts and from young people. For further information, visit their website <https://www.themix.org.uk/mental-health/body-image-and-self-esteem>

