

# 5 Ways to Develop a Positive Body Image



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By Sarah Robinson, Rachel Myrer

Body image is how you see and feel about your body (Pérez et al., 2018; Marco et al., 2018; Alleva et al., 2015). It affects your identity, how you feel about yourself, and your physical and mental health (Dunaev et al., 2018; Marco et al., 2018).

About 60% of women and 40% of men have negative body image (O'Hara et al., 2021; Alleva et al., 2015). If you have a poor image of your body, remember that you are **not** alone. It is important to create a positive view of your body because a negative body image increases your risk for depression, eating disorders, and suicide (Dunaev et al., 2018; Alleva et al., 2015; Fung et al., 2019). While not everyone with a negative view of their body will attempt suicide, developing a positive body image may prevent you from going down that road. Here are some ways you can develop a positive body image:

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