

Teens: Who Do You See in the Mirror?

How you feel about the way you look. How comfortable you feel in your own skin. Well, that's your body image. Teen bodies can change fast, although everybody changes at their own rate. And as we get taller, or don't, develop curves or grow new hair. Sometimes it's hard to know just how we feel about ourselves.

Especially when we're hit every day with images of people who look so perfect. It's easy to look in the mirror and see things we don't like ...and sometimes we get stuck on those things and blow them out of proportion.

But that's not such a great thing to do ...because if you don't feel good about your body, you may limit yourself and miss out on a lot of fun. And you know what? Nobody is perfect.

What looks perfect often has been created with makeup ... or the help of computer editing. And those people who look so great on TV? Even they have things they don't like about their bodies.

And a lot of them felt the same way you do when they were teens. They just didn't let that stop them. So, no matter what your size or shape, give yourself a break.

For starters, be a little nicer to yourself. You wouldn't say mean things to a friend. So why say them to yourself? Try telling yourself good things ...just like you'd say to a friend you wanted to feel better. Over time, it can make a difference in how you feel about yourself.

Instead of dwelling on features you don't like, think of three things you like about your looks ... and remind yourself of those things when you're tempted to criticize yourself. And maybe you can think of ways to make the most of those features.

It's your body, and it's unique. You get to decide how you feel about it ... and you can feel better.