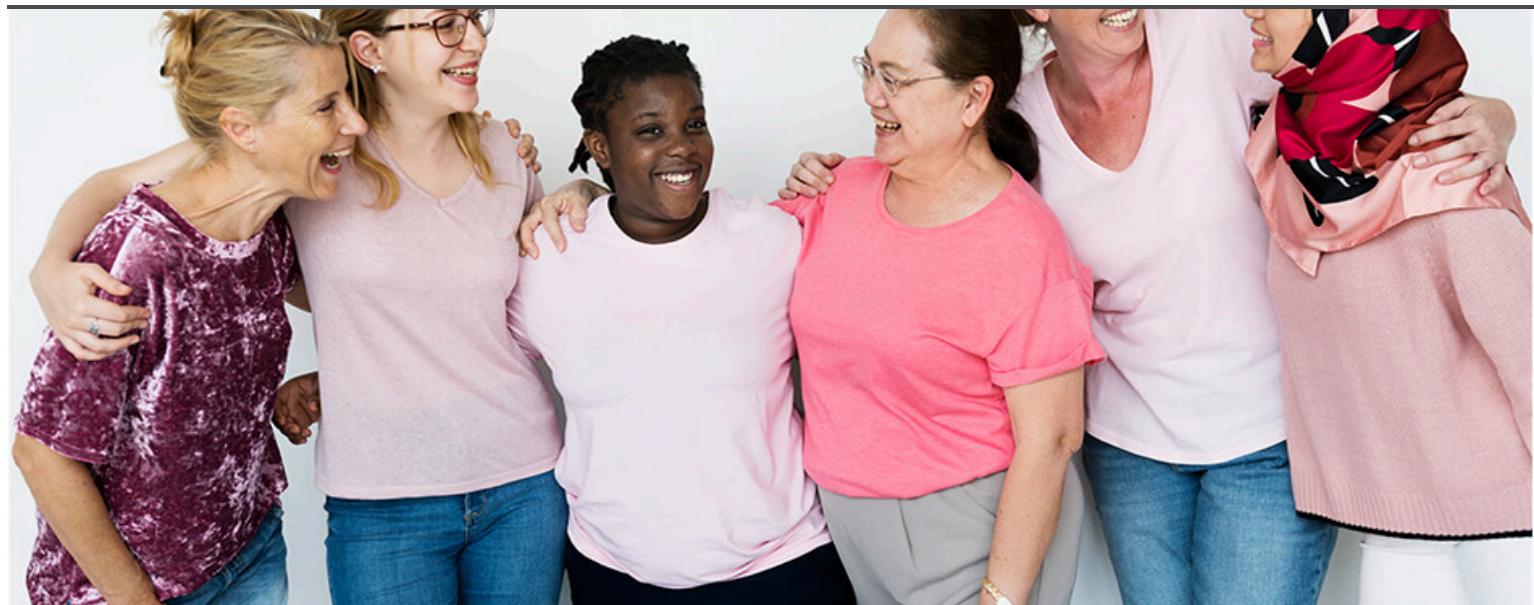
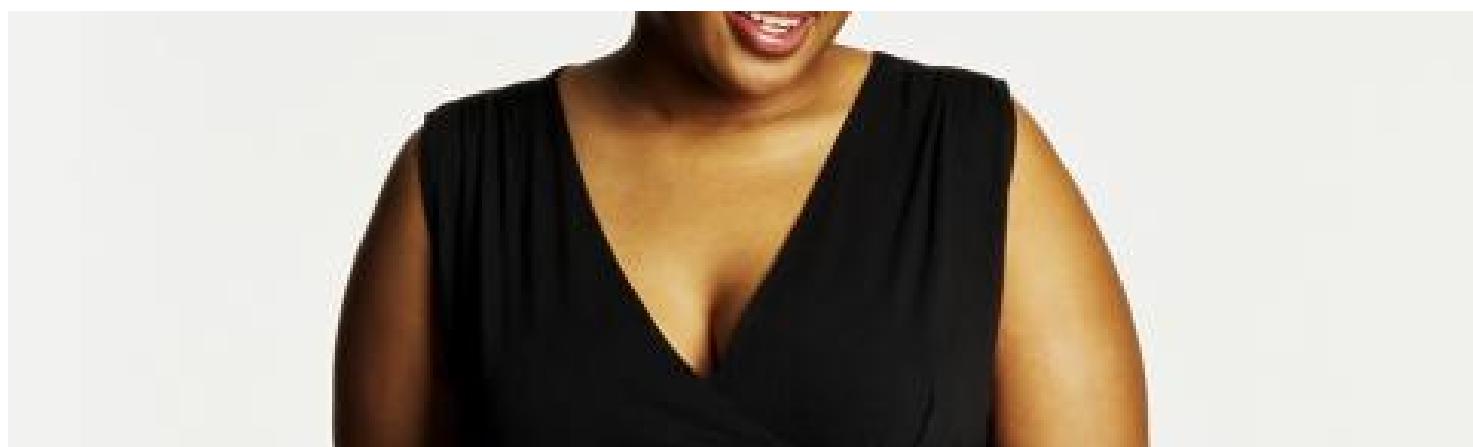


Body image and mental health



Body image is how you think and feel about your body. Women with a positive body image are more likely to have good mental health. But many women in the United States have negative body images, which can put them at higher risk of depression, eating disorders, or other mental and physical health problems. You can take steps to develop a healthier body image and get treatment for mental health conditions.

What is body image?



- ▶ [Cosmetic surgery and body image](#)
- ▶ [Tips for a healthy body image](#)

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Pregnancy and body image



- ▶ [Pregnancy and body image](#)
- ▶ [Accepting your pregnant body](#)

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Page last updated: February 16, 2021