



Feel-Good Friday

How do supermodel pictures look the way they do?

Models have teams of people working with them to create the most flattering images: Fashion Designers, Make-Up Artists, Hair Stylists, Lighting Technicians, Photographers, and Photo Editors. When you look in the mirror, it is unrealistic to expect yourself to look like a photo in a fashion website or in an advertisement.

How do you present Super You?

When you go through your day, you are taking care of yourself – without a team of professionals tending to every detail of your physical appearance. While juggling your daily responsibilities, you choose your own clothes, style your own hair, and possibly apply make-up.

What is a Healthy Body Image for Super You?

A healthy body image means you accept the way you look, both the parts you really like and the parts you don't like as much. You feel comfortable in your body and can be present with yourself and others without your view of your body distracting you from being present. You value yourself as a whole person (both your inside and your outside), and you feel a positive sense of self-worth.

Supermodels and Super You

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org