



# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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## SELF-COMPASSION, Body Image & Self-Esteem

February is Kindness Month, and while we often think about being kind to others, one of the most important places to practice kindness is with ourselves.

The way you see your body can deeply affect how you feel about yourself. Social media, peer pressure, and comparisons can make it easy to forget an important truth:

Your worth is NOT based on how you look.  
Your body is your home. It carries you through your life, helps you learn, play, move, laugh, create, and connect.  
Being kind to your body and your thoughts about it is a powerful way to build confidence and self-esteem.

This month, let's focus on:

- ✦ Speaking kindly to ourselves
- ✦ Respecting our bodies
- ✦ Lifting others up instead of comparing

You deserve the same kindness you show to everyone else.

MORE  
SELF

### Kindness Challenge of the Month

Try one each day:

- Give someone a genuine compliment
- Say one kind thing to yourself in the mirror
- Thank your body for something it helped you do
- Include someone who seems left out
- Take a break from social media for a few hours
- Write a positive note to a friend
- Forgive yourself for a mistake

DON'T FORGET

Small acts of kindness — toward yourself and others — make a big difference

### Resources:

The Body Positive  
Project HEAL  
NEDA- Feeding Hope  
MORE-LOVE.ORG  
Association for Size Diversity

### Podcasts:

FoodPsych  
Rethinking Wellness

### KINDNESS IS GOOD FOR YOUR:

#### MIND

Studies show that the social connection promoted by engaging in acts of kindness is a key predictor of both well-being and recovery from anxiety and depressive disorders.



#### BRAIN

Kindness generates a chemical response in our brains by boosting neurotransmitters in our brains like dopamine and serotonin.



#### BODY

Another lesser-known neurotransmitter activated by acts of kindness is oxytocin. It can promote a sense of bonding and connectivity, but it's also considered "cardioprotective."

@BCBSMICHIGAN

## BODY IMAGE:

Body image is a person's perception of their physical self & the thoughts and feelings, positive, negative or both, which result from that perception.

VALUED  
BEAUTIFUL  
WORTHY

### 4 ASPECTS OF BODY IMAGE

• HOW YOU SEE YOUR BODY is your perceptual body image.  
• This is not always a correct representation of how you actually look.

• THEN WHY YOU FEEL ABOUT YOUR BODY is your affective body image.  
• The amount of satisfaction or dissatisfaction you feel about your shape, & individual body parts.

• THEN WHY YOU THINK ABOUT YOUR BODY is your cognitive body image.  
• This can lead to preoccupation with body shape and weight.

• BEHAVIORS IN WHICH YOU ENGAGE IN AS A RESULT OF YOUR BODY IMAGE is your behavioral body image.  
• When dissatisfied with the way they look may isolate themselves or destructive behavior.