

Accepting yourself

Feeling good starts with accepting yourself. Try these life hacks:

THE FRIEND TEST



Those negative things you're thinking about your body: Would you give a friend a hard time about those things? No? Then don't be so hard on yourself :)

THE MIRROR TEST



When you look in the mirror, find something you like about yourself and appreciate it.

THE HAPPY DIARY



Keep a note of the positive things that your friends, relatives, teachers say about you. Go back and read these notes whenever you are feeling a bit low.

STASH