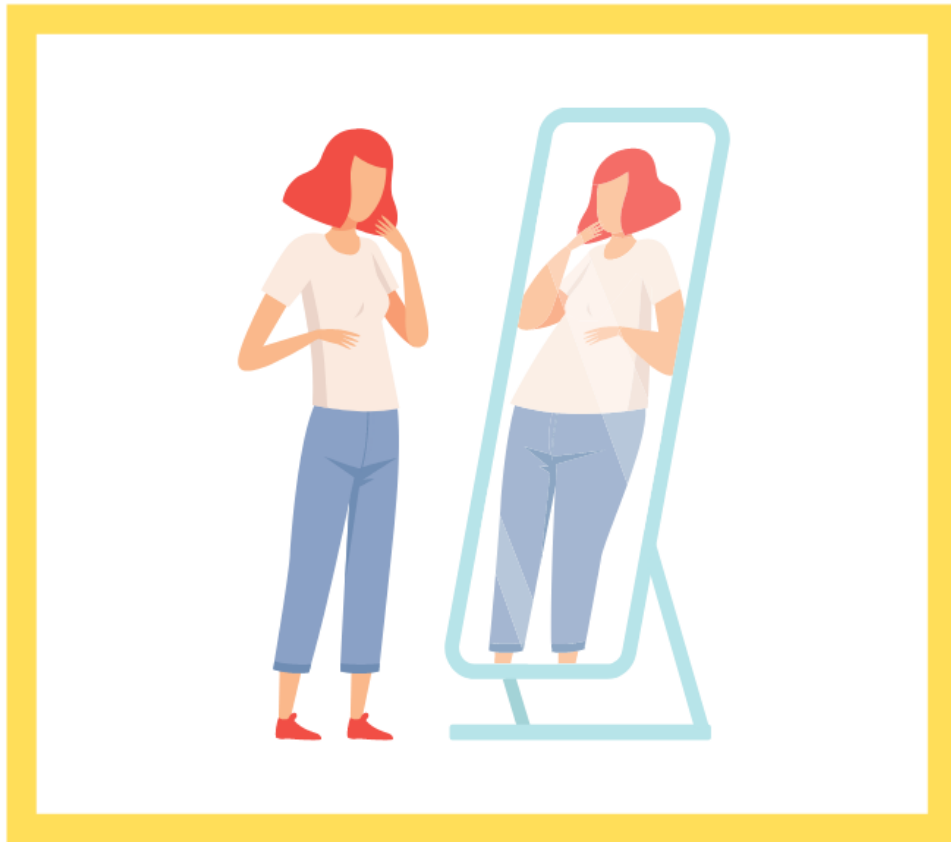


#mentalillnessawarenessweek

# BODY DYSMORPHIA



@\_sunshineseries

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Body dysmorphic disorder (BDD), or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about flaws in their appearance. These flaws are often unnoticeable to others.

People of any age can have BDD, but it's most common in teenagers and young adults. It affects both men and women.

The symptoms of BDD include

- worry a lot about a specific area of your body (particularly your face)
- spend a lot of time comparing your looks with other people's
- look at yourself in mirrors a lot or avoid mirrors altogether
- go to a lot of effort to conceal flaws – for example, by spending a long time combing your hair, applying make-up or choosing clothes
- pick at your skin to make it "smooth"



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## Causes of BDD

It's not known exactly what causes BDD, but it might be associated with:

- genetics – if you have a relative with BDD, obsessive-compulsive disorder (OCD), or depression
- a chemical imbalance in the brain
- a traumatic experience in the past such as being teased, bullied, or abused as a child

Some people with BDD also have other mental health conditions, such as OCD, generalized anxiety disorder, or an eating disorder.

## Treatment

Cognitive behavioural therapy (CBT)

Selective serotonin reuptake inhibitors (SSRIs)



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**BDD can seriously affect your daily life, including your work, social life, and relationships.**

**BDD can also lead to depression, self-harm, and even thoughts of suicide.**

**Joining Support groups for BDD is helpful for information, advice, and practical tips on coping with BDD.**

**Practising mindfulness exercises may help you if you're feeling low or anxious.**

**It may also be helpful to try some relaxation and breathing exercises to relieve stress and anxiety.**

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