

BODY DYSMORPHIA

When your perception of reality doesn't match reality



1 in 50 people
suffer from BDD



Both men and
women
affected

Signs of Body Dysmorphia

- ✦ Obsessing over perceived flaws
- ✦ Constant checking in the mirror
- ✦ Avoiding social situations

you are not alone ❤️
help is available!



Talk to a therapist



Reach out to loved ones



Consider support groups



you can get better