

MEN'S MINDS / BODY IMAGE

Men Experience Body Image Pressure Too

Body-image concerns are not exclusive to women. Men can feel pressure about muscularity, body size, weight or body fat, height, hair loss, ageing, or comparing themselves online.

How the pressure may affect someone

For some men, body-image distress can affect confidence, eating, exercise and social life. It may contribute to restrictive eating, exercising beyond what feels safe or sustainable, avoiding situations, or feeling that appearance determines masculinity or attractiveness. Experiences vary; this does not automatically point to one diagnosis.

Remember: You do not have to dismiss body insecurity because you are a man. If appearance worries are affecting how you eat, exercise, socialise or feel about yourself, they deserve attention.

Where to go for help

Space to Breathe Therapy

If something here feels familiar and you feel a connection with Space to Breathe Therapy, you are welcome to get in touch to explore support.

07761 272645 | maggie@spacetobreathetherapy.co.uk

[Contact page](#)

GP or NHS talking therapies

Speak with your GP about appearance concerns, eating or exercise worries. In England, many people can self-refer to NHS Talking Therapies.

Beat

Information and support about body image and eating disorders, including men's experiences.

[NHS: body dysmorphic disorder](#) | [Beat: body image](#) | [Beat: men and eating disorders](#)

Urgent help: In England, call NHS 111 or use 111 online for urgent mental health help. If anyone is in immediate danger, call 999 or go to A&E.; Outside England, contact your local urgent mental health service.