HYN® HEALTHY YOU NUTRITION

Body Image During the Holidays

Body image is how you think and feel about your body. Family comments, group photos, holiday meals and talk about New Year's diets can make those feelings harder to manage. It's understandable if this season brings up more body worries.

Ask someone to be your support person

Choose a friend or family member you can sit near, text or call. Let them know what helps, such as changing the subject or stepping outside with you for a few minutes.

Practice a reply before you go

Try "I'd rather talk about something besides weight" or "Please don't comment on my body." You can change the subject or take a short break if the conversation continues.

Pause and ask what you need

Take a slow breath and ask yourself, "What am I feeling right now?" You might be tired, anxious or missing someone. Try a quiet moment, a text to a friend or a kinder thought like "I can have a hard moment and still take care of myself."

Make room for the parts you enjoy

Wear something comfortable. If photos bring up self-criticism, notice what the picture captures about the day. Mute social media accounts that prompt comparison and make time for a tradition or a person you look forward to seeing.

My plan for the next gathering

Someone I can reach out to _____

One thing I can say or do _____

If body worries are making it harder to eat regularly or join in, bring it up with your dietitian, therapist or eating disorder care team.

Source Caroline Young, MS, RD, RYT. Body Image During the Holidays: Expert Guidance on Navigating this Challenging Season. Equip. Updated December 23, 2025. Clinically reviewed by Tanya Hargrave-Klein, MS, RDN, LD.