

**For more
support**



**Visit the Changing Faces
website for additional
resources tailored to
specific conditions, mental
health, work,
relationships, and
social life.**

For 
support with anxiety or low
mood please
contact your local NHS
Talking Therapies. You can
either self-refer or your GP
can make a
referral.




**St George's, Epsom
and St Helier**
University Hospitals and Health Group

**St George's University
Hospitals NHS Foundation
Trust**

**Dental and Oral Maxillofacial
Psychology Service**




**St George's, Epsom
and St Helier**
University Hospitals and Health Group

St George's Hospital Dental and Oral Maxillofacial Psychology Service

*Do you dislike your smile or
hate the way you look?*

Do you stay inside more?

*Do you feel worse after
looking at social media, or
after looking at yourself?*

**Information leaflet
for patients**

Struggling with the way you look?

It is common to experience negative thoughts when you are struggling with low self-esteem around your facial appearance. These thoughts can lead to feelings of low mood and anxiety.

Here are some strategies to improve your confidence and mental wellbeing

Positive Thinking Techniques

Recognise your positive qualities and achievements. Write them down and reflect on them when you are feeling low. Visit the Changing Faces Website for more support.

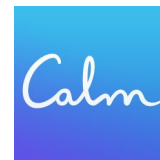
Ask Friends and Family for Support

Reach out to those close to you. They can offer reminders of your strengths and achievements.

Mindfulness

This can help to recognise negative thoughts that you might experience. Thoughts are not always true, and you can use mindfulness to sit with how you feel, which could be experiencing facial pain or uncomfortable feelings around the way you look.

Mindfulness for gratitude and self-compassion can support this. Try the apps Headspace or Calm for further help.



Alternatively, you can contact your local Talking Therapies for additional support with managing these negative thoughts.

Engage in Enjoyable Activities

Do things that bring you joy and make you feel relaxed. Schedule time for hobbies, creative outlets, or fun activities that recharge you and lift your mood.

Engaging in activities that align with your values is important for better wellbeing.

Be Mindful of Social Media Use

Notice how you feel after being on social media: If you often feel worse or anxious after scrolling, it might be good to reassess your usage

Tips for Safer Social Media Use

Private your accounts: Keep your personal information safe.

Report inappropriate or abusive content: Protect your mental health by ensuring a safe online space.

Tell the algorithm what you like: Block or hide content that makes you feel bad and engage with content that uplifts you.

Limit social media time: Set boundaries and monitor your screen time.

Delete apps: Take a break from social media entirely if it negatively impacts your mental health.

Remove notifications: Avoid constant alerts to help with focus and mental clarity.

Follow body neutrality content: Look for accounts that promote self-acceptance and mental wellbeing.