

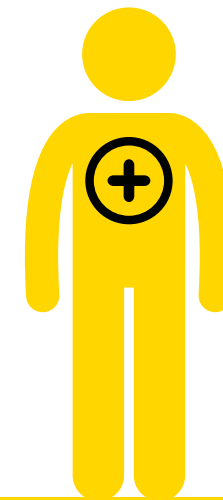
**HEALTHY SEXUALITY
AFTER A POSITIVE DIAGNOSIS:**

MY RELATIONSHIP WITH SELF



Body Positivity

- Positive body image is crucial to self-confidence, self-acceptance and self-worth.
- Decreased risk of depression and anxiety
- People with positive body image are likely to take care of oneself through maintaining a healthy diet, exercise and rest.



Sexual Self-Esteem

- Sexual Self-Esteem is a person's sense of self as a sexual being.
- Positive body image impacts your sexual self-esteem.
- Low sexual self-esteem can affect your confidence in dating and engaging in sexual activity.



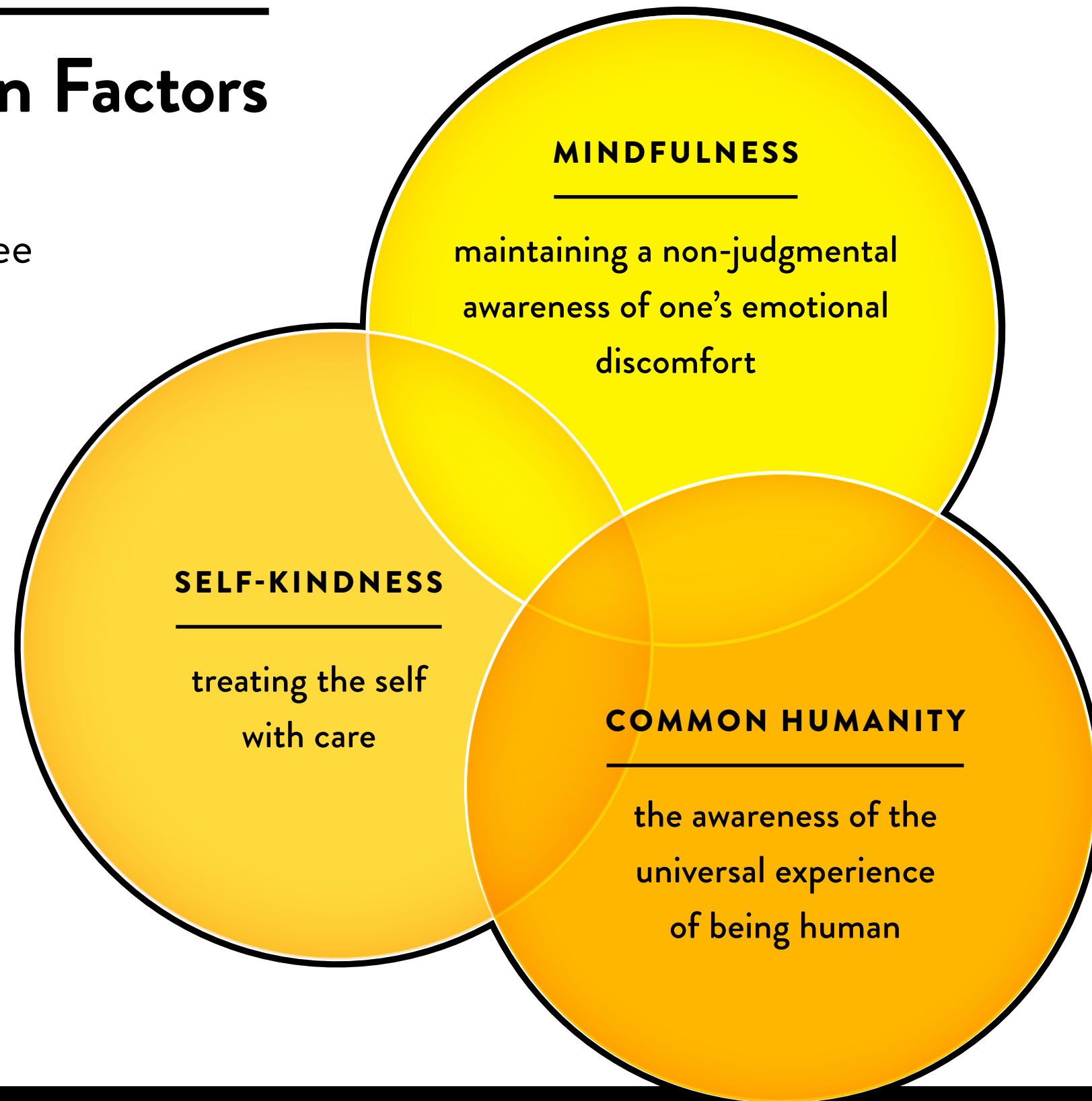
Self-Compassion and Body Acceptance

- Self-compassion is a form of self-love.



Self-Compassion Factors

- Self-compassion has three interrelated factors.



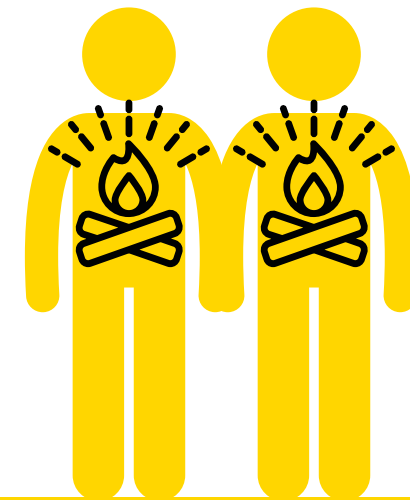
Sexual Self-Esteem and Body Image

- Sexual self-esteem is the value that you place on yourself as a sexual being, including sexual identity and perceptions of sexual acceptability.
- It is an aspect of body image.
- It may also include aspects of past and current experiences.



Sexual Self-Esteem and Sexual Decision-Making

- Sexual self-esteem is an important component of open sexual communication.
- It is key in sexual decision-making and negotiating safe sex practices.



Increasing your Sexual Self-Esteem

- Begin every day with a self compassion mindfulness exercise.
- Care for your body like you will care for your favorite person.



Increasing your Sexual Self-Esteem

- Find time to fantasize.
- Find time to self-pleasure after fantasizing.

