

Which self are you today?



#WhichSelfAreYouToday?

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The curated self is a version of us we all have, and in 2019, it's the version of ourselves that has turned everyone with an iPhone and an Instagram into their own brand.

People are paying their mortgages by posting Superdrug hauls on an app people access by staring into a black backlit mirror in their hands on the bus.

But teenage girls are taking Snapchat filtered images of themselves to Harley Street clinics and asking to look like the them in the photograph.

According to the NHS, 150 girls under 15 had a labiaplasty from 2015-16, for non-medical reasons. They just hated how their labia looked so much, it caused them distress so they requested surgery to "fix" it.

Cosmetic surgery, weight loss products and meal replacement solutions are easily bought by anyone of any age online, and promoted by influencers across various platforms.

Our curated selves are creating mental health problems when they creep into real life.

If you are struggling with any of the issues raised here, you're not alone.

Try a digital detox. Try talking to someone face to face.

For eating disorder support, for you or someone you know, contact BEAT - 0808 801 0677.

If you're experiencing depression or suicidal thoughts, contact The Samaritans on - 116 123, or email, jo@samaritans.org.uk

It's okay to switch off.

It's okay not to message back immediately.

It's okay to delete your profiles, or limit your access.

It's okay to hit unfriend, or unfollow.

You are not your follower count.

Remember - nothing on your social media feed is 100% true, none of it is what it looks like.