



An Important Practice for Feeling Beautiful

How to begin to redirect your anxious feelings

Before you get started with this practice, here's something to keep in mind:

The goal here is two-fold:

1. To help you work through the anxiety you feel about your body.
2. To help you step into a new found sense of body confidence.

Okay, with those two things in mind, let's take action!

Taking Action

In order to deal with the anxiety you feel about your body, you need to spend some time with her. I'll admit upfront... this first practice won't be easy - but if the women in the Dove Campaign can show off their bodies on TV, I think you can look at yours in the mirror.

1) Find a Mirror

Look at yourself. I want you to practice thinking of your body as a friend, and not an enemy. Make a copy of the Dove Ladies and pin this picture on your mirror to remind you of your uniqueness. How would a friend feel if he/she knew that you felt a lot of anxiety about your relationship with him/her? Not great, right?

2) Talk with your Body

Be honest about your worries and concerns with her. Maybe you feel, "Yuck." Maybe you'll start picking on her. Maybe you see a few things you like. Be honest about these words and emotions.

3) Learn to Listen

What does your body need from you? What is she saying back in response to the things you're worried about?

Remember

When viewing and noticing the unique, different body types from the **Dove Campaign**, Do you feel you can join these ladies in the picture and bring your body confidence to a new level?