

# TEN TOP TIPS

My top ten tips for feeling comfortable in your own skin:

**1** Whenever you find yourself talking or thinking negatively of your appearance, try to reframe it and focus on the things you like. The more we hear or say something, the more it feels true. **Be kind to yourself.** Putting yourself down in front of others only makes them feel like it's okay for them to do it too.

**2** Remember that most of the photos you see online and in magazines are literally fake and edited. Nobody looks like the models in ad campaigns, **not even the models.**

**3** Take filters with a pinch of salt. Sure, social media filters can make us feel a little better about ourselves by editing out blemishes and the things you dislike, but this can have a long-term, damaging impact on how you feel about and see yourself. If you're on social media, consider unfollowing the people you want to look like – every time you see their photo, it's just a reminder of the **unrealistic ideal you aspire to.**

**4** Regularly remind yourself of the things you like about who you are – **not** how you look.

**5** Remember that people who make rude comments over how others look usually do it because they don't feel happy or confident within their own skin. If you find yourself thinking negatively of others and their appearance, try to shift your focus to finding something you like about them and know that we're all fighting our own private battles, so **please don't try to ever tear anybody down.**

**6** Delete the photo-editing apps on your phone and computer. **NOTHING GOOD EVER CAME FROM THEM. Literally, nothing.**

**7** Surround yourself with people who lift you up and make you feel good about yourself. Avoid friends who put you **under pressure** and who don't support you.

**8** If you find yourself looking in the mirror too much and **obsessing over your appearance**, try to shift your focus and reduce the amount of importance you place on it. There are many more important things about you, don't get caught up on one aspect.

**9** **Stop living for your diet.** Enjoy your food. Be healthy and try to have a balanced diet, get some regular exercise but please don't obsess over it. Your weight does not represent how healthy you are. YOLO, so make the most of it.

**10** **Live your life for you.** Define your own beauty ideals and try to ignore what other people think and say. Only insecure people feel the need to judge others, so be a rebel and rise above it.

**Above all:** if you're struggling with your appearance, know that you are definitely not alone and there is help available. Check out the useful resources page for some of the organizations you can speak to if you're feeling low right now.

You won't believe me when I say this but I guarantee in thirty years you'll look back at your photos and realize how **beautiful** you really were and if you spend the next twenty years bullying yourself, you'll regret it.

