



LOVE YOUR BOD

CONFIDENCE COUTURE

15 POWERFUL TOOLS
TO HELP YOU
INCREASE
SELF-ESTEEM &
CONFIDENCE



CONFIDENCE COUTURE

Wear confidence as proudly as you would expensive couture.



SELF-CON·FI·DENCE

a feeling of **trust** in one's **abilities**, **qualities**, and **judgment**.

SELF-LOVE

regard for one's own **well-being** and **happiness**

SELF-ES·TEEM

confidence in one's own **worth** or **abilities**; **self-respect**.

AND HERE'S SOME CONFIDENCE FOR YOU ... AND YOU... AND YOU!

As much as we would like to just wave a magic wand and hand each of you improved self-esteem, give you a simple check-list of to-dos and voila you'll be confident, it's not that simple. There may be some deeply seeded psychological roots that need to be uprooted in order for you to begin to feel better.

There's a whole matrix of reasons of why we feel insecure about ourselves.

There are plenty of fit & attractive people out there who have extremely low self-esteem & confidence. There are also people who don't live up to today's beauty standards yet you can see the confidence just oozing off of them.

Confidence isn't merely just about what you look like...



There are also plenty of successful people out there who also feel insecure.

Self-esteem isn't only about high achievement...

Confidence & self-esteem are actually not the same thing but they are linked. Think of confidence as how capable we feel we are about the things we do, and self-esteem as how we feel about ourselves - our bodies, our minds, our worthiness. They are linked, as often people with low self-esteem will also experience low confidence. But you can be confident in one area and not the other, whereas low self-esteem tends to follow us with everything that we do.

We likely all started off at some point with a base level of self-esteem and our accumulation of life's experiences either maintained that level or reduced it.

WHY SHOULD WE CARE ABOUT OUR LEVEL OF CONFIDENCE?

Confidence and self-esteem can have an impact on all facets of our lives. It affects how you speak and behave, and can be seen in your body language.

It can impact your social life.

It can impact your romantic life.

It can impact your career.

and, It can have an effect on your mental health.

CONFIDENT BEHAVIORS & ACTIONS ASSOCIATED WITH HIGH CONFIDENCE & SELF ESTEEM

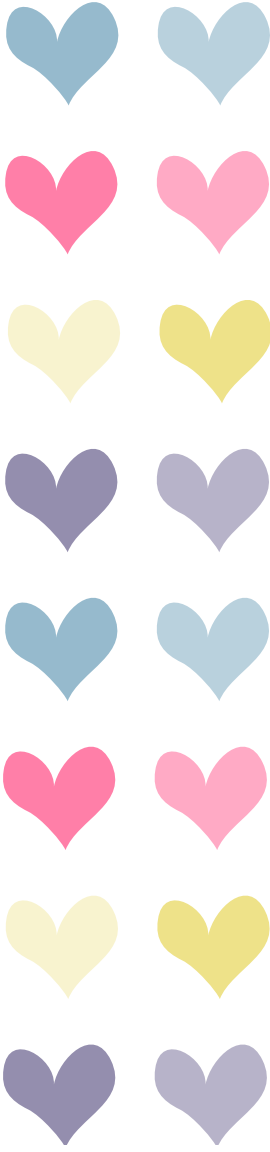
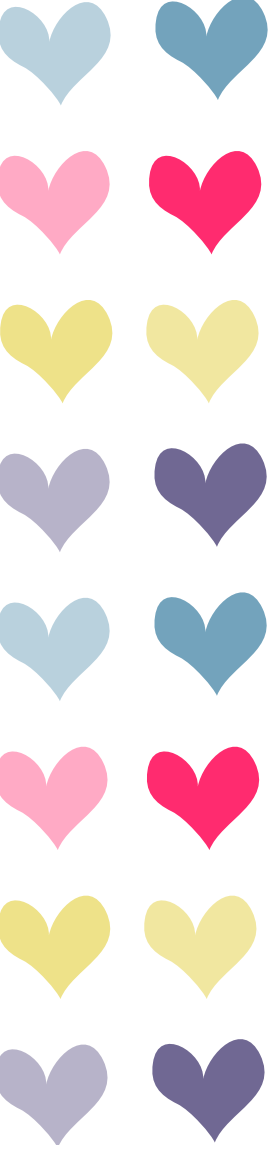
- *STAND WITH GOOD POSTURE*
- *FEEL PROUD OF ONES ACHIEVEMENTS*
- *ABILITY TO MAKE GOOD EYE CONTACT*
- *STAY TRUE TO ONES BELIEFS DESPITE CRITICISM*
 - *TAKE CARE OF ONE'S APPEARANCE*
 - *SPEAK WITH AUTHORITY*
 - *FEEL GOOD ABOUT ONES BODY*
- *ARE HUMBLE + CAN ACCEPT PRAISE*
- *CAN ACCEPT ONES IMPERFECTIONS*
- *CAN LEARN FROM ONES MISTAKES*

Lack of self-esteem and low-confidence can hold you back from experiencing the things you want in life. It doesn't have to be this way. You have control over this.

YOU CAN ACHIEVE CONFIDENCE. IT CAN BE BUILT!

So although there is no magic wand to be waived, there are plenty of actions you can take. Just as confidence can be torn down, it can also be re-built again.

Here are some of the most powerful tools you can use to help rebuild your self-esteem & confidence.



- Social Media Clean-up & Avoidance
- Follow Positive Influencers & Role Models
- Acknowledge & Challenge Your Thoughts
- Positive Affirmations
- Gratitude & Acts of Kindness
- Exercise & Realistic Goal Setting
- Nourishment
- Improve Your Posture
- Make a Love List
- Stop Obsessing About Your Looks
- Practice Self-Care
- Remove Toxic People From Your Life
- Journal
- Meditate
- Seek Support

There isn't one magical formula, and it isn't going to happen overnight but make a commitment to doing the work and you'll quickly see how confidence is more a state of mind than what is going on with your physical body. You have the power to reframe your mindset. Let's go through each one of these powerful tools.

SOCIAL MEDIA CLEAN-UP & AVOIDANCE



YOU ARE IN CONTROL OF WHAT YOU SEE. CHOOSE WISELY.

Comparison is the thief of joy.

In a 2018 report by GlobalWebIndex, they estimate that on average, social media users spend 2 hours and 22 minutes online each day globally.

Unfortunately as humans, we have a nasty habit of comparing ourselves to others. Being able to peer into the perfectly curated lives of others online can leave some of us feeling pretty shitty about what's going on in our own lives.

Note: less than 5% of humans look like the 75% of what's flooding your instagram feed. You must take your social media feeds with a grain of salt. Much of this is curated and is well-crafted marketing.

Studies have shown that the time we spend on social media increases feelings of sadness, depression, envy, and decreases our overall sense of wellbeing. Not everyone will feel this way, but many people do.

You need to bring your awareness to this and if this is something that triggers you, you need to take the appropriate actions to control this.

While we can't always control what appears online in advertisements, you can easily stop following accounts that make you feel bad. You can also choose to limit how much time you spend online thus limiting your exposure. Also, if an ad pops up that makes you feel ashamed about your body - block that ad from ever coming up again - yes, you can do that!

Limiting your exposure to unrealistic images is important.

TAKE ACTION

Go clean-up your social media feeds and make a commitment to spend less time scrolling and more time enjoying the real world that surrounds you.

FIND POSITIVE INFLUENCERS & ROLE MODELS THAT MAKE YOU FEEL GOOD

Once you've cleaned up your social media accounts, you may decide that you want to start following new accounts that make you feel GOOD!

It's important to surround yourself with role models, people, and brands who share the same core values as you and who can have a positive influence in your life. While following celebrities may be entertaining, there are many who are not the best role models and they give people a false sense of reality. Many times, they are being paid to use their fame and influence to sell you something through their social media platforms.

If you're spending a lot of time online – find better people to follow.

While we have no association with any of these people, groups, or brands, we feel that by increasing your exposure to accounts of women who empower women, it can help increase your motivation and make you feel normal and empowered.

Here are some Instagram Accounts that may interest you:

@i_weight
@knixwear
@aerie
@dove
@recipesforselflove
@rupikaur_
@gurlstalk
@girlboss
@shethinx

Of and of course our LOVE YOUR BOD founder Micaela: @Loveyourbodfitness

ACKNOWLEDGE
* CHALLENGE
YOUR
THOUGHTS



LEARN TO LISTEN TO YOUR THOUGHTS AND CHALLENGE THEIR VALIDITY

Listening to your thoughts, or "thought monitoring", is an essential part of cognitive behavioral therapy (CBT). CBT is a form of psychotherapy based on the idea that thoughts and perceptions influence behavior. It helps with learning to identify negative automatic thoughts (NATs) and challenging them, which can inevitably help change your overall thought patterns. If you're someone who seems to be stuck in a negative mindset, these types of therapies can really help you work through your negative thoughts and feelings.

Alleviating your negative state of mind will help you feel less anxious, worried, nervous, sad, angry, depressed, shameful, or whatever negative feelings you are feeling. This is one of the most powerful tools you can use to help re-frame your thought patterns.

What we don't realize sometimes is how although these negative thoughts are automatic. We have the power to change the way we think, which in turn changes the way we feel. This is just one of many CBT strategies to help you feel better and is a proven strategy to help you become more in charge of your mind. If you've ever seen a therapist before you'll likely already be familiar with the worksheet that goes along with this therapy.

While you may decide that you want a professional to assist you with CBT, if that isn't an option for you – there is no reason that you can't learn how to work on these therapies on your own.

CBT THOUGHT RECORD EXAMPLE SHEET

1. Situation Who? What? When? Where?	2. Mood a. What did you feel? b. Rate your mood (0-100%) c. Circle the word you wish you examine.	3. Automatic Thought a. What was going on in your mind just before you began to feel this way? What other thoughts or images did you have? b. Circle the thought that affects you the most.	4. Evidence to support Write out our rationale and evidence that supports this thought.	5. Evidence to NOT support Write out our rationale and evidence that does not support this thought.	6. Alternative Thought a. write a more balanced thought or an alternative thought b. Rate how much you believe this thought is true (0-100%)	7. Rate New Mood a. Now how do you feel? b. Rate your new mood.
10PM - FRIDAY EVENING. I AM AT HOME. I SENT MY HUSBAND A TEXT MESSAGE AND SAW THE READ IT, BUT HE DIDN'T RESPOND.	75% ANGRY 75% SAD 100% ANXIOUS	HE'S MAD AT ME. HE DOESN'T CARE ABOUT ME. HE'S CHEATING ON ME	HE DIDN'T EVEN THANK ME YESTERDAY WHEN I HAD DONE ALL OF HIS LAUNDRY. HE MAKES ME FEEL INVISIBLE SOMETIMES IF HE CARED, HE WOULD TEXT ME BACK	HE HELPED ME EDIT MY WORK PROPOSAL EVEN THOUGH HE WAS REALLY BUSY. HE BOUGHT ME FLOWERS LAST WEEK. WHEN I WAS SICK HE ALWAYS GIVES ME HIS SWEATER WHEN I'M COLD, EVEN IF HE'S COLD TOO.	IT'S POSSIBLE THAT HE'S IN A SITUATION WHERE IT'S RUDE OR INAPPROPRIATE TO TEXT ME BACK HE NEVER LEAVES THE HOUSE WITHOUT KISSING ME GOODBYE AND TELLING ME THAT HE LOVES ME SOMETIMES HE CAN GET CAUGHT UP IN HIS OWN THOUGHTS AND IT HAS NOTHING TO DO WITH ME HIS GESTURES TOWARDS ME ARE TYPICALLY THAT OF A LOVING AND CARING HUSBAND	25% ANGRY 10% SAD 25% ANXIOUS
9AM - MONDAY I AM AT WORK. MY BOSS HAS CALLED ME INTO THEIR OFFICE.	100% ANXIOUS/NERVOUS	I'M GETTING FIRED MY BOSS IS MAD AT ME	MY SALES ARE DOWN 10% THIS MONTH SHE DIDN'T SPEAK WITH ME AT THE CHRISTMAS PARTY	I HAVE WORKED HERE FOR 5 YEARS NOW IN GOOD STANDING SHE TOLD ME 2 WEEKS AGO THAT SHE LIKED MY DRIVE + MOTIVATION	MY BOSS MAY WANT TO CONGRATULATE ME ON SOMETHING. IT'S OKAY FOR MY BOSS TO PROVIDE ME WITH FEEDBACK	50% ANXIOUS/NERVOUS

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THOUGHT RECORDING IS WORK, BUT IT'S WORTH TRYING

If your mood is constantly low and having a negative impact on your life, thought recording is definitely an approach worth taking. This will take some work however feeling happier should be a huge incentive for you to want to put in the effort. You are worth the effort. You deserve to feel better!

If you aren't a paper and pen type of gal there are plenty of apps that are willing to help you work through your thoughts, feelings, and emotions.

We have no affiliation with this app but it's an excellent resource for a much more guided CBT experience.

<https://moodnotes.thriveport.com/>

If you just type into the app store: CBT Thought Record Diary
You will find that there are lots of different thought record apps that exist.

Also, check out this VERY detailed article on
Cognitive Behavioral Therapy Techniques (worksheets included!)

<https://positivepsychologyprogram.com/cbt-cognitive-behavioral-therapy-techniques-worksheets/>

It's important to learn how to work through your feelings. We can't just bury them away and forget about them. These are proven effective methods that can work well if you're willing to open your mind and willing to do the work.

POSITIVE AFFIRMATIONS



I CAN. I WILL. END OF STORY.

Positive affirmations are simply things that you say to yourself on a loop, yet another powerful tool to help you combat negative thinking. If you keep your loop positive, your overall mood and attitude towards life will be elevated.

Daily affirmations can work because your mind doesn't know the difference between what's real and what's not real. This is why you could stare at yourself in the mirror and call yourself dumb, ugly, and fat and eventually after saying it for long enough, you would believe it.

Many of us, consciously and unconsciously, say negative things to ourselves all the time which is what leads us to feel bad about ourselves. Our minds are incredibly powerful so it's important that we be nice to ourselves and not get trapped in a negative thinking cycle.

Here are a few self-affirmations to help you feel more positive about yourself, your relationships, career, and health. Spend a few minutes each day reading them, re-writing them, and be sure to write your own.

I am worthy.
I am smart.
I love my body.
I am a beautiful person.
I'm funny.
I am adventurous.
I am thoughtful.
I am resilient.
I am strong and capable.
I am genuine.

Click [HERE](#) to download the LYB Positive Affirmation Guide to help give you ideas on how to create your own meaningful mantras.

Write your own Affirmations

I am ...

GRATITUDE & ACTS OF KINDNESS



DEVELOPING THE ATTITUDE OF GRATITUDE

There has been a lot of research that shows that gratitude can go a long way at making you feel happier and improving your mood.

Gratitude is essentially the appreciation and thankfulness you have of your experiences, yourself, other people, and the world. When we channel and focus our attention towards all of the positive things in our lives, it can shift us away from having a clouded negative view of the world. It reinforces that positive thinking thought process. This doesn't mean you are ignoring all of the negatives, it just means that you choose to look for the good in life and in yourself.

So how can you use the art of gratitude?

Grab a paper and pen and spend some time each day or week writing out the things that you are grateful for. Write out the things in your life that you appreciate, things about yourself and your body that you are thankful for, and about the things in your life that bring you happiness.

When you write about your body when you don't feel your best – begin with being thankful for its functionality. "I am thankful for my lungs" sort of thing!

Sometimes when you're in a very negative state of mind this can be tough to do. You may not be feeling grateful for very much – that's okay. Keep thinking and eventually you'll come up with something even if it's as mundane as:

"I am thankful for this cup of coffee".

It's still gratitude. It will help you get in a more grateful state of mind.

I am grateful for my health
I am thankful for my teeth
I am thankful for my mind
I am grateful for the fact that I
can walk and run



I am thankful that I am self-employed
I am thankful for my home
I am grateful to live close to family
I am thankful to have my partner

I am thankful to live in Canada
I am grateful for clean water
I am grateful for food
I am grateful for my dog



What are you grateful for?

I am thankful for...

DOING KIND THINGS FOR OTHER PEOPLE CAN ELEVATE YOUR MOOD

Being nice to others makes us feel better about ourselves, it boosts our mood, leads to greater happiness, and makes us feel more connected to other people.

It doesn't have to be a grand gesture.

You can be kind to people every day, throughout the day.

Smile and say hello to someone who walks by you on the street.

Buy the person behind you in line a cup of coffee.

Bake your neighbours some cookies.

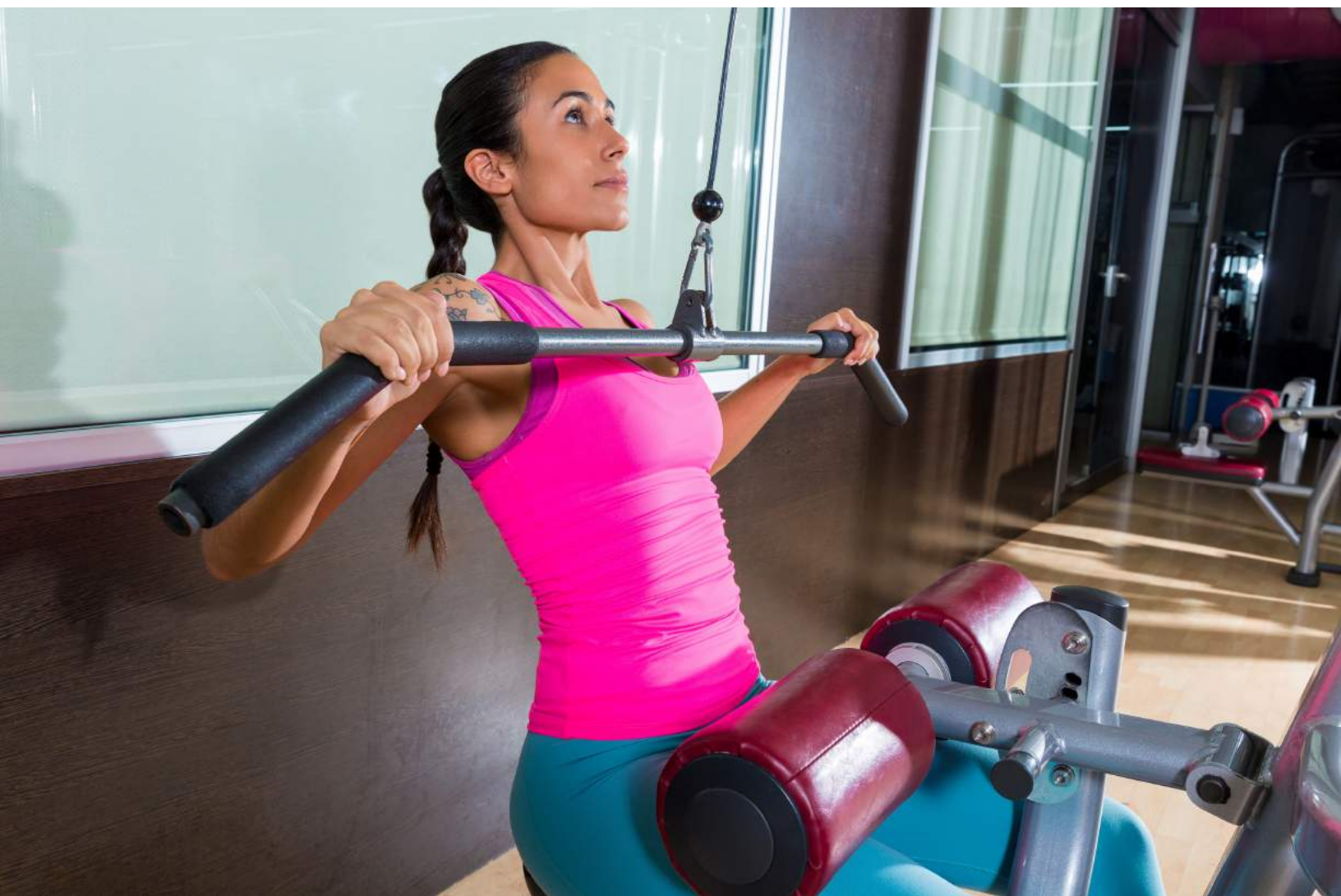
Pay someone a genuine compliment.

Write a loved one a letter.

Volunteer for a cause you believe in.

It sounds odd to have motivation to do something nice for someone else in order to make yourself better. But do we really need motivation to be nice at all? Just start being nice and you'll reap the mood boosting benefits and so will the people who are on the other end of your niceness. Likely, you have also brought that person some joy, so why not make the world a nicer place each day by simply being a nice person. Everyone wins here.

EXERCISE &
MOVE YOUR
BODY



BENEFITS OF EXERCISE

It's not an unknown fact that exercise is good for you, however I think many of us have lost sight of all of the other benefits. Many times when we exercise, we have a key aesthetic goal in mind, – while it's perfectly okay to have aesthetic goals, it's important to never lose sight of the other benefits of exercise. If your only motivation is aesthetics and you set yourself extremely high expectations, you will lose your motivation if you do not live up to your high self-expectations. Without motivation, you may give up on exercising entirely. This is not an option. The benefits of exercise are very clear and we all need to be doing it regularly regardless of any visible results you may or may not acquire.

PSYCHOLOGICAL REASONS TO EXERCISE:

- Reduced Stress
- Reduced Anxiety
- Improved Mood
- Increased Self-Esteem
- Improved Cognitive Functioning
- Prevention of Depression

PHYSICAL REASONS TO EXERCISE:

- Improved Cardio
- Improved Muscular Strength
- Increased Metabolic Rate
- Stronger Bones
- Improved Flexibility
- Improved Stamina
- Maintenance of a Healthy Body Weight
- Increased Energy & Better Sleep

SET GOALS & REALISTIC EXPECTATIONS

Goal setting is an important process with exercise in order to help keep your motivations high. Often this step is overlooked and if expectations are set too high, your goal becomes unattainable. Overexerting yourself while striving towards an unattainable goal will make you perceive a sense of failure and a lack of progress. This leads to lessened motivation, followed eventually by quitting exercise entirely.

This is why for many of us, going to the gym feels unpleasant. It reeks of feelings of failure, disappointment, and discomfort, and it brings you no sense of accomplishment or joy. All it feels is like unrewarding hard work.

While we are all motivated by different things and each of us has our own set of goals, it's important to continue to see exercise in a positive light and not let our negative past experiences affect the future of our health. Set yourself up for success by setting more realistic expectations of yourself and re-frame your expectations of exercise and a healthy lifestyle.

Your new and realistic perceptions of exercise should include:

Exercising provides endless positive health benefits that you can't see.

Exercising on a regular basis – a necessary part of life.

Exercising on a regular basis helps with depression & anxiety

You don't need to exercise in a gym. Exercise comes in many forms.

Visible results will happen, but everyone is different in terms of speed of results.

Weight loss mostly comes from your diet. If you want to lose fat – Change your diet.

Progress is not linear – life WILL get in the way of your results. Expect this.

Being thin is not the answer to all your problems.

Body confidence starts from the inside, not the outside.

Don't strive for quick weight loss results. They will not last.

Expect to see visible results in 90 days.

USE THE SMART GOALS PRINCIPALS

By setting up more realistic expectations, you set yourself up for success because your goal now becomes attainable. This increases your motivation and you may even be able to find the joy in exercising again because you can now feel like you can excel. Your goal is within your grasp. When we feel a sense of achievement, our motivation to continue will increase.

S. M. A. R. T.

When setting goals, you must follow the smart goal principals.

- S - SPECIFIC
- M - MEASURABLE
- A - ACHIEVABLE
- R - REALISTIC
- T - TIME FRAME

Proper goal setting requires effort. You need to make a written plan in order to set things in action. LYB is here to help you.

If you haven't already done so yet, take the time to download the LYB Goal Digger. It's here we provide you with the resources and worksheets to help you plan and prepare to set your goals in action.

NOURISHING YOUR BODY



EATING WELL MAKES YOU FEEL BETTER ABOUT YOUR BODY

In today's busy society, eating well and preparing healthy nourishing meals for ourselves is a form of self-care. We're not talking going on a "diet" - we are simply talking about eating healthy nourishing whole foods.

Not only will the nutrients of a healthy diet make you feel better, simply the act of eating nutritious foods, and showing yourself that self-care, can have the ability of make you feel good about yourself.

Have you ever gone on a diet or exercise program and within a week you could swear you were already seeing results?

While I hate to burst your bubble of positivity - but it's more than plausible that your perceived results were more so coming from your mind.

Your mind is incredibly powerful.

Changing how you eat can be a difficult task for many people and may not as simple as simply choosing the right foods. For some, you may need to address disordered eating behaviors. This can be done with a therapist, however if that is not an option to you there are some really good resources online that may be able to help you.

While we're not associated with them in any way, we firmly recommend that if you have issues with food that you listen to the Psychology of Eating Podcast <https://podcasts.apple.com/ca/podcast/psychology-of-eating/id987724897> Marc David discusses a variety of different eating habits like overeating, binge eating, emotional eating and the inability to lose weight.

IMPROVE YOUR POSTURE



STANDING TALL CAN MAKE YOU FEEL MORE EMPOWERED

Good posture is hard to come by these days. We are all slumped over our computers all day and then walk with our heads down, eyes glued to our mobiles the rest of the time.

Then, if we're feeling bad about ourselves, we tend to stand with a more cowered posture with our arms crossover over our chest.

Body language speaks volumes.

So we believe you should begin to follow suit to a pineapple!

be a pineapple

stand tall

wear a crown

and be sweet

on the inside



STAND TALL YOU BEAUTIFUL PINEAPPLE YOU!

Pull your shoulders down and back, away from your ears. Uncross your arms from over your chest and raise your chest higher. This will likely feel a little uncomfortable to you at first, maybe even make you feel vulnerable and exposed, however you will notice that people will respond well to your new improved posture. Good posture is noticeable.

People with good posture automatically appear to have more confidence. And people notice confidence. Asking your boss for a raise with slumped shoulders is very different then doing it with your head held up high. People respond well to confident people as we automatically give them more authoritative value.

Maybe you won't feel confident right away, but why not fake it till you make it?

You can also perform posture improving exercises like these:



Clockwise starting in top left corner: Posture I's, Posture T's, Side Lying Rotational Stretch, Band Reverse Flys, Posture Y's & Rows

MAKE A LIST OF LOVE



You
Are
Beautiful

WRITE OUT ALL OF THE REASONS YOU LOVE YOURSELF

Self-love and arrogance are two very different things. Arrogance is born from low self-esteem and requires external validation to feel good. People with confidence do not need that external validation. In theory, the cure for arrogance is actually improved self-esteem. So do not worry that on your journey towards self-love that you may become arrogant in the process.

There is nothing wrong with loving yourself and in the words of Rupaul "if you can't love yourself, how the hell you gonna love somebody else"!

A simple exercise in self-love is much like gratitude, make yourself a list of all of the things that you love about yourself. Go ahead ... step in front of a mirror and give yourself a once over. What can you appreciate about yourself? Then, close your eyes and think of all of the other awesome traits that you have on the inside.

Quick - go get some sticky notes and a marker. Write this shit down.

Leave yourself these notes around the house, in your car, on the mirror in your bathroom, in your planner, on your phone, on your computer, and next to your bed. It's easy to forget about all of our amazing qualities when we get so caught up in our day to day lives. It's important not to forget about all of your wonderful traits though because you have so many. Acknowledging all of your awesomeness, not just about your appearance, can help bring back your feelings of self-worth. It can also be a good lesson in acceptance & forgiveness.

We're pretty hard on ourselves.

Take the time to be kind to yourself know that you are worthy of your own forgiveness. Don't be mad at yourself for gaining a few pounds or for not "getting your body back" after pregnancy.

Begin to accept the things about your physical body that you cannot change.

I love that I am a good mother

I love how my nose crinkles when I
laugh

I love my sense of humour

I love that I am a good listener



I accept my body as it is, and do not
feel ashamed of it

I can appreciate & accept the
stretch marks on my body after
giving birth to my beautiful son

I have had a rough year - it's OK that
I gained some weight. I am not upset
at myself



I love my skin

I love my curves

I love my shoulders

I love how independant I am

I love how I speak



What do you love about yourself?

I love ...

STOP
OBSESSING
OVER YOUR
APPEARANCE



WHILE WE AIM TO APPRECIATE OUR BODIES – LET GO OF THE OBSESSION

We place a lot of self-worth and validity on our appearance.

Yet our appearance is only one part of us. You shouldn't put all of your self-confidence eggs in one basket darling.

Hopefully, from all of the above lessons, you have begun to realize that.

Perhaps you're not feeling so good about yourself because you're overly focusing on how you look instead of how you feel.

How uncomfortable would it make you if I asked you not to weigh yourself for the next week, or month? What if I asked you never to weight yourself again?

For many people that would cause a high level of discomfort because we have become obsessed with the number on the scale.

The thing is the scale is not the best unit of measurement and you have probably given it too much power over you for too long. While it can be a motivational tool when you see the numbers go down, it can just as easily be the cause of a lack of motivation if it doesn't seem to budge.

It can be an incredibly liberating and powerful feeling to toss out your scale and decide that your new unit of measuring success is going to be based on how you feel. While we'll leave you to your own accord on this one, we think it's just important to realize that you are more than just your physical appearance.

It's important not to continuously obsess over "progress pictures", the scale, measuring tapes, or how many likes you get on your photos.

Once again – be KIND to yourself. Accept the things that you cannot change. Wrinkles, stretch marks and cellulite are all very normal, most of us have them, so don't let those things bring you down. You are worthy no matter what your appearance. Saggy skin and breasts, scars and bad skin – ALL STILL LOVEABLE.

You are beautiful for so much more than just your outer layer of skin!

SELF CARE PRACTICES



A wooden clothespin is clipped to the top edge of a white rectangular card. The card is placed on a dark brown wooden surface with a visible grain. A piece of white twine is stretched across the background, passing behind the card and the clothespin. The text 'SELF CARE' is printed on the card in a bold, dark brown, hand-drawn style font.

**SELF
CARE**

THE ART OF SELF-CARE

Self-care can mean a lot of different things but it sure can make you feel a lot better practicing it. Self-care is essentially any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

Essentially, it means go ahead and TREAT YO SELF! Be sure to schedule self-care into your weekly routine. It's important to take the time to do you.

Here are some of the things you can do:

Practice good dental hygiene

Wear sunscreen everyday

Treat yourself for a mani/pedi

Get your makeup & hair done by professional

Get a massage

Take a nap

Exercise

Eat Healthy

Meditate

Do Yoga

Buy a new pair of shoes that make you feel fabulous

Take a walk

Practice good sleep hygiene

Practice Mindfulness

Take a social media vacation

Take a bath

See a therapist

Go out with friends

Learn to say No & set boundaries

Drink Water

Journal

Practice Gratitude

Self-Affirmations

Have some alone time

Go on a vacation

Organize your home

REMOVE TOXIC PEOPLE FROM YOUR LIFE



MAKE A DECISION ABOUT THE PEOPLE IN YOUR LIFE. CHOOSE WISELY

Often times we can get caught up in toxic relationships. This can be the relationships with your co-workers, your partner, your employer, your friends, and your family.

It may be difficult, but you may benefit from purging people out of your life who are negatively contributing to your low self-worth.

These people can be toxic to both your health and well-being. If there is a way to end this toxic relationship then do it.

Life is too short to keep people in your life who constantly cause you stress, and drama and bring you down. There are 7.5 billion people in the world. You can do better and it's better to just cut the cord. It may not be pleasant at the time, but you'll be happier in the end.

While it's not always possible to remove people from your life, it may be worth a shot at simply being open with that person and trying to work things out with them. There is no shame in standing up to someone and saying "hey - when you speak to me like this, it really brings me down. I would appreciate it if you didn't do that." You may be surprised at the response that you get. Some people don't even realize just how much their words and actions impact those around them.

With other people, you may just need to set some boundaries. Communication is key here and it's important to stand up for yourself. We may be adults but there are still plenty of bullies out there. Cut em loose.

If you're currently in an abusive relationship - this is more complicated. Here are some external resources to help you find the support that you need.

<http://endingviolencecanada.org/getting-help/>

<https://www.womenshealth.gov/relationships-and-safety/domestic-violence>

GUIDED MEDITATIONS



OMMMMMMMMM

If you have never meditated before, the concept may seem silly and trying it without any training usually just ends up feeling like this:

"okay, i'm sitting here in silence with my own thoughts".

"how is this helpful, I do NOT feel relaxed"?

"has it been enough time yet, i'm getting anxious?"

"this feels dumb. I am wasting my time".

"oh forget it, i'll try another day".

This is why we believe that guided meditations specifically catering towards improving self-esteem, confidence, and body image may be a better fit.

Once again – go to google.

Type in: **guided meditations for self-confidence**

Voila – TONS OF FREE guided meditations that will guide you towards a relaxing meditative state that can bring so much more value to your mediation efforts. There are also plenty of apps and podcasts designed for this very reason. While we're not associated with either of the below apps, but we believe they are great tools to add to your self-confidence and mental health and well-being tool kit.

<https://apps.apple.com/ca/app/headspace-guided-meditation/id493145008>

<https://apps.apple.com/us/app/calm-meditation/id571800810>

SUPPORT & MENTAL HEALTH PROFESSIONALS



FINDING A SUPPORT SYSTEM

You don't have to be alone in this.

Seeking professional support can be an important element at helping you find self-acceptance, self-esteem, confidence, and self-love.

Even just speaking to a supportive friend can be helpful.

As a member of LYB we welcome you to come speak with us at anytime through our LYB Facebook community group. Not only will we be there to help provide you with any resources that you may need, there will be other women within our group who will likely have common ground with you.

This community is meant to be supportive of one another.

We do however still recommend speaking with a trained psychologist, therapist, or counselor if you can. Once again – there is an app for that!

While we do not have an affiliation with this company, if you are struggling to find the time and money to see someone in your area you can always try seeing a therapist online.

<https://www.talkspace.com/>

While it's not always easy to talk things out, it can be an important part of our healing process. Sometimes there are bigger issues that you must confront in order to move forward.

CHOOSE THE SYSTEMS THAT WORK BEST FOR YOUR LIFESTYLE

44 pages later, we have finally finished giving you a small preview into 15 different tools that can help you feel better about yourself. We don't expect you to try to employ all 15. That would be pretty damn overwhelming and our goal is to empower you, not stress you out more.

What spoke out to you the most?

What do you feel you could easily start to employ right now?

Choose between 1-3 things to begin with and then go from there.

Since you're an LYB member – we know you're already starting to nourish and exercise your body, so really – just choose one more thing from this list for now.

Take it seriously, be patient, and do the work! You have the power to concur your own mind. No matter what society tells us is beautiful, each of us has the power to defy those standards and to to feel beautiful regardless.

If you gave it your best shot and it wasn't working for you – try something else.

Don't worry we're not just going to leave you to your own accord. Connect with us through our community FB group and let's start the conversation.

We are each other's community.

Let's build each other up.

Let's keep each other focused.

Let us unite.

We are ALL ENOUGH!

<https://www.facebook.com/groups/2330355287212262>