

Learning To Love Your Body

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As Love Your Body Week comes to an end, it is important to keep a positive attitude about body image as time goes by. This is a difficult thing to do in today's society that focuses so much on being so unnaturally skinny and so impossibly beautiful. Social media can often influence people to edit their images to look a certain way instead of loving the skin they are in. It is important to remember to love yourself for who you are and not for what you believe you should be like.

Once you enter the mindset of comparing your physical appearance, it can become a vicious cycle of negative self-talk. You begin to compare yourself to others and create an unrealistic mold of what you think you should look like. Instead of appreciating your own beauty, you begin to hate yourself for not having someone else's beauty. You begin to imagine yourself with another person's features that can be physically impossible for you to obtain.

Personally, I have struggled with hating my body and not appreciating my personal beauty for most of my life. I grew up in an environment where it was encouraged to compare yourself to others and to aspire to look better than everyone else. In the dance competition world, comparing yourself to others physically has become so normalized that it can be difficult

to appreciate your own body and what your personal ability is. You aspire to be so perfect, that you begin to set expectations for yourself that you will never be able to physically obtain.

It wasn't until I came to college that I began to appreciate my body and my beauty for what it is. Becoming a member of Elon University's Dance Team helped me discover how unhealthy my habits were and how much I did not appreciate my body and my beauty at all during that time of my life. With my teammates by my side, I began to develop an attitude where I can appreciate how beautiful and strong my own body is without comparing it to others. I am able to appreciate my body for how strong it is and how it allows me to be able to pursue a sport and passion that I love so much.

I hope that Love Your Body Week has given people the opportunity to have the same realization that I did when I came to Elon University. In a world where so many people do not feel beautiful or adequate enough, I hope that people find the same support I did. Even if you do not feel beautiful, I am here to tell you that you are. Instead of letting yourself continue a cycle of negative self-talk, every time you look in the mirror tell yourself something positive. Use positive self-talk to thank your body for everything it is capable of doing and compliment yourself on something you love about yourself.