

EDUCATIONAL: TAKING CARE OF OURSELVES

Ever wonder how that one person always manages to have all eyes on them? They show a great deal of confidence in themselves and their abilities. The following are some tips to help you value yourself and get noticed.

Know you are better looking than you think

When we look in the mirror, we only see our physical features reflected. What we don't realize is that it's a sexy voice, a great sense of humor, a poetic way of speaking or stunning insights that enhance our appeal to others. Remember that we're even more gorgeous than the mirror tells us.

Beam a Gracious Smile

Doing this simple action when we enter a room attracts others to us. Remember emotions are contagious.

Turn Your Personal Heat On

Turn up the heat in the way we view ourselves. It is said that the confidence we have in ourselves, instantly adds to our beauty.

Look at Your Best Photos

These will lift your mood and help you focus on the positive aspects of your appearance.

Change Your Look

Self-care is important as it reminds us of our own value. When we look as if we care for ourselves, others will take note and value us too.

Do a Media Detox

We must stop watching TV and looking at celebrity magazines. Just say no! Studies have shown that when we compare ourselves to these airbrushed, retouched people, we feel worse about ourselves. Instead, spend all that time focusing on our own special brand of beauty.

Do the Park Bench Experiment

Sit on a park bench and watch real women passing by. Find something beautiful about each one. This will help you to expand your concept of beauty and appreciate your own unique features.

Hang with a Beauty Buddy

Hang out with a friend who makes you feel beautiful inside and out. Studies have shown that spending time with friends actually releases oxytocin, the feel-good hormone.

Adopt Different Personas

Variety is the key to attractiveness. Try alternating your sporty Anna Kournikova look — flared short skirt, fitted tee and a pony tail – with your café-sophisticate Catherine Deneuve mien — kohl-rimmed eyes, coiffed hair, and pencil skirt and heels, for example.

Don't Call Out Your Flaws

Few friends would notice your budding pimple or skimpy eyelashes if you didn't mention them! If you must say something about your appearance, focus on the positives: "Life is really great for me right now. I hope it shows on my face." In a low-key, self-valuing way, you can speak yourself beautiful, too.

Creating Good Karma Daily

To create good karma daily, remember that what you give determines what you get back. So put goodness out there - whether you practice more patience with a family member, work harder even if it goes unnoticed, or simply stay away from gossip. The universe will send that goodness right back to you.

Getting the Love we Deserve

Getting the love we crave begins with loving ourselves. We attract people with equal self-worth, so if we want to be with someone who is happy, ambitious, and honest, we have to build those qualities in ourselves. If we want to receive thoughtfulness, we must be thoughtful. If we want more affection, we must be affectionate.

Being More Outgoing

The way we can overcome our fears is to force ourselves into uncomfortable situations. This often occurs for members of ESA. There are many members with the same story about how shy or introverted they were when they joined. Now, they feel like they could conquer the world.

“Joie de Vivre”! There isn’t an equivalent phrase or word for joie de vivre in English. Literally, it means "the joy of living," but that phrase lacks the energy, happiness and implied lifestyle of living moments to their fullest of the French original. Joie de vivre is an inner spirit we bring to life. It is a state of mind and being. We must cultivate our own joie de vivre by taking pleasure in things great and small, balancing mind with body and recognizing that all of our lives require a little space of time for oneself each day. Take care of yourself!

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