Hey there!

Sometimes it seems like there is a lot of pressure on everyone to look a certain way. Pressure to look skinny, or athletic, or tall, to have perfect hair and skin. Where the heck does all this pressure come from?

Unfortunately, it comes from lots of places: the media, society, family, friends, and our own brains.

Fortunately, you can make a choice to stop feeling pressured to look a specific way. Feeling pressured to look a specific way, you can stop trying to reach that made up ideal.

It takes practice to stop paying attention to the junk we are conned into believing is right.

You can be fat, thin, medium, short, tall, brown skinned, white, blonde, brunette, brown eyed, blue eyed, male, female, androgynous, trans, tattooed, hairy and a whole bunch of other stuff.

Your body is yours.

But you can do it!

"Don't change your body to get respect from society. Instead let's change society to respect our bodies." — Golda Poretsky
It hurts to constantly feel bad about yourself. It’s hard to feel pressure to be perfect, but you don’t have to do it. It is hard work to shrug off the voices of the mainstream media, of folks who feel privileged to remark on your body or looks, and your own little inner voice that has been trained to be so hard on yourself, but you can stop listening.

You are smart enough and tough enough to do it. I bet you are even smart and tough enough to fight back against the systems that created these silly ideas of how we ‘should’ look.

How much time could you save if you didn’t think so much about how to get thin or have perfect skin. How nice would it feel to embrace and love yourself right now – just the way you are?

Sometimes, you gotta be your own cheerleader.

Empower yourself.

Be fierce.

Be your own cheerleader.

You deserve it.

Thanks for reading. ~Carrie

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