

The body acceptance movement has definitely moved more into the mainstream. However, much of what we see labelled 'bopo' has drifted away from the original intention. With that in mind, lots of the questions I receive are about how to go about accepting your fat body. So, I have created an entry-level guide to learning to like yourself as exactly as you are.

Look at yourself.

I think the first step is looking at yourself. Really look. Stop avoiding mirrors and rushing to get dressed after a shower. Get comfortable naked. And in your underwear. And different types of clothes. Touch yourself, not the way (well, that way if you want). When it comes to your body familiarity does not breed contempt. Getting to know your body leads to acceptance, which is the first step to self-love. You'll be surprised how quickly you learn to enjoy your jiggle.

Take pictures.

Photograph yourself every chance you get. Selfies, nights out, big events, pictures of your feet, anything. Get used to looking at yourself living your life. I used to duck out of pictures because I hated the way I looked in them. Forcing myself to be present in those pictures plus taking hundreds of myself is the only thing that let me see the truth. I didn't like the things society had taught me not to like. I hated my rounder face, flabby arms & chunky calves because I thought I had to be something else to be worthy. Once I started appreciating those pictures for what they were; a record of living, I could enjoy them. The more I looked at images of myself and others the more I could see that everyone had those terrible unflattering shots where they look nothing like themselves. Everyone had those snaps that amplify their perceived flaw. Everyone has those pictures in which we miraculously look like a model version of ourselves. None of it matters. What matters is having the memory of that time & place. Capturing that moment of you living your life. Seeing myself living & loving in those pictures showed me that my body was absolutely good enough. Your body is just the vehicle that allows you experience the world. What you look like at any given time matters much less than



BEGINNERS GUIDE TO BODY POSITIVITY

by H KERR

what you're feeling & seeing & loving

Positive consumption.

Surround yourself with things that make you feel good. Change your reading, watching & following habits. Ditch investing in anything that is focused on diet culture & traditional beauty standards. Discovering the Body Positive blogging community changed my life. For the first time, I was seeing fat people who liked themselves. People with bodies similar to mine proudly take up space & look amazing. When you submerge yourself in spaces that reject fatphobia you begin to feel differently about yourself. To begin with, I was in awe of those plus bloggers. I thought I could never have their confidence or be so beautiful. As I learned more about bopo and started unlearning all I had previously been taught about my body, I had a revelation. If these fat women I was admiring were

stunning, sexy & elegant then I could be too. If I see beauty in other fat bodies then what I despise about myself is not my wobbly belly. Click unfollow on anything that makes you feel not good enough. Replace that stuff with content that embraces diversity and honours people who look like you.

Start doing

Make a list of all of the things you want to do but feel you can't because you are fat. Not just wild ambitions, everything. Do you worry about eating crisps on the bus? Think you shouldn't wear a short skirt or even shy away from getting on top with your lovers? Put it all on the list and then start doing them. Start living your life. Pick the easiest ones first. Trust me, your confidence will grow. There will always be someone who does not like you loving your fat self. There will sometimes be looks or comments. You will stop feeling crushed by them. When you realise how much you gain from accepting your body as it is and experiencing your life to the max, someone saying you're fat no longer matters. Losing weight will not make you happier. All your problems shrink to fit into your smaller body. You can live now!

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Highlights in Performance

Science: Music Performance Anxiety Oscar Casanova,Michiko Yoshie,Patrick Gomez,Katarina Habe,2023-12-19 VIEW

BOOK DETAILS We are pleased to introduce the collection *Frontiers in Psychology Highlights in Performance Science Music Performance Anxiety* Music performance anxiety MPA has been defined as the experience of marked and persistent anxious apprehension related to musical performance For musicians performing in public is a demanding activity and the MPA can cause potential debilitating effects on their career and health regardless of age gender experience practicing time and music genre A greater understanding of the predicting factors of MPA has implications not only for theories of MPA but also for its prevention and management and more broadly for teaching and learning This collection will welcome and showcase a selection of articles about Music Performance Anxiety MPA authored by leaders in the field The work presented here highlights the broad diversity of research performed across the Performance Science field and aims to put a spotlight on the main areas of interest This collection aims to further support Frontiers strong community by shining a spotlight on our authors highly impactful research

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