

Get REAL, Body Image Rethink!

By Lisa Schilling RN

I am a HUGE believer in the Get REAL approach, REAL being—Realistic Expectations About Life. I measure the plausibility of something based on the, “Would this work for real people in the REAL world” test.

Body image is a subject that affects many people today, especially young people. Health and wellness habits are often developed in an attempt to change ones shape, size or weight. I felt it was important to address the role of body image when it comes to changing your habits. Why you change your habits, says a great deal about the likelihood of you maintaining those habits.

I have been through the crazy world of up and down, secure and insecure, like most people. What this is has taught me is an incredible lesson. No one can make you feel “less than” unless you let them.

That may sound a little strange, but let it sink in. Throughout life I have made mistakes and I have grown from every one. Without tests in life you will never have a “testimony.” In fact, most people just end up with the “monies.” They allow what people say about them, to shape how they feel about themselves. Big mistake, big—huge, don’t go there.

It is time to discover what actually makes you beautiful. It is not your size or your shape. It is not your muscles or your weight. You are an amazing and unique person. There is no one else like you, with your gifts and your capacity. It is in through your uniqueness that you radiate true beauty.

Don’t waste energy trying to conform to what others look like. Be the best YOU that you can create. Play up your strengths and keep your focus on them. If you constantly think of what you don’t like about yourself, then that is what others will see too.

Keep your attention clearly focused on your special qualities. Energy flows to where your attention goes, so keep your attention on what makes you special. Being attractive has less to do with your body shape and more to do with your inner attitude and spirit.

What you project from your spirit will show in your actions, mannerisms and charisma. Each person is given a different shape, size and unique features. They make you

who you are. Learn to showcase your uniqueness. In the words of Olay, “Learn to love the skin you’re in.”

So, does how you look matter? In a way, it does. Are you doing all you can do with what you have? That is the key. When you go out, do you project the YOU that is on the inside? Taking time to be healthy, eat right, exercise and care for your mental health is more important than what a scale says.

My mission is to help people ditch the goal of being skinny and begin to embrace a lifestyle of living healthy. To showcase that goal I have created twenty steps to help you uncover your true beauty and rethink your body image.

1. Discover what qualities make you different.
2. Create a plan to honor what makes you special.
3. Define what you are good at and build on those things.
4. Discover and accept what are you are not strong in, and don’t waste time on them
5. Release old thinking about superficial beauty and its tie to your body image.
6. Establish your core values and personal boundaries .
7. Take time to understand the “why” behind your values and what you believe.
8. Spend time developing your talents and hobbies daily.
9. Read inspirational and informative books.
10. Stay aware of what is happening in the world and develop an informed opinion.
11. Be aware of techno-excess and place value on face to face and handwritten expression.
12. Surround yourself with uplifting and encouraging friends and mentors.
13. Distance yourself from toxic or negative people.
14. Seek out ways to help others and volunteer your time.
15. Begin to take time daily to exercise your body, invest in your health.
16. Fuel your body with water and nutritious, healthy food.
17. Care for your skin and body, create a daily routine.
18. Seek ways to relax and manage stress.
19. Stop negative thoughts immediately and insert a positive message.
20. Always smile and radiate confidence, joy and compassion to all that you meet.