



Finding Body Confidence in Midlife

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Ten Top Tips to Becoming More Body Confident in Midlife

My Body Confidence Story

I really struggled to like my body in my twenties and thirties and it wasn't until I hit my forties that my attitude started to change.

The change wasn't created by some amazing diet, and trust me I have probably tried them all, but by getting on with my life and stepping out of my comfort zone.

I almost had a breast reduction when I was thirty as I hated my large chest so much and I thought it would change how I felt about myself. I am so glad I decided against it as now I love my big boobs!

I wasted so many years allowing how I felt about my body stopping me from embracing life and now I've found my body confidence it really is liberating.

I hope that by following these simple steps you will find yours too!



1. DITCH THE WEIGHING SCALES

How many times do you stand on your weighing scales every week and allow it to dictate how you feel about yourself?

The number on those scales do not equate to your value so give yourself a break and remove them from the bathroom. If you don't want to get rid of them completely then move them somewhere where you won't see them every day.

It's about shifting your mindset to help you realise your body confidence has nothing to do with what size dress you wear or how much you weigh.

2. GRATITUDE

Dear body,
I love you x

I'm a big fan of keeping a gratitude diary.

Show your body some gratitude.

Start by choosing one thing that you are grateful for about your body and write it down every night. It could be that you are grateful for your legs because you love walking and your legs take you everywhere, or you're grateful for your smile because it makes others feel happy too.

Once you're comfortable with that keep adding to your list and build it up. You'll soon have a long list of things that you love about your body which will help change how you feel about it for the better.

3. INVEST IN YOUR LINGERIE



I used to feel guilty about spending money on nice lingerie because I always put everyone's needs before my own.

When I reached forty, I promised myself that I would always wear matching lingerie and invested in pieces that make me feel confident.

When was the last time you got your bra size measured? A recent survey undertaken by the Underlines magazine in 2019 showed that 79% of women are wearing both the wrong band and cup size. Our bodies fluctuate so we should get re-measured regularly.

I used to feel guilty about investing in lingerie for myself, but I've realised it's important to my mental well-being, it makes me feel good when I step out of the door.

Time to drop the guilt and spend money investing in lovely matching lingerie that makes YOU feel good.

It makes such a difference to how you feel when you step out of the door.



4. TRY SOMETHING NEW

Are you sitting on an urge to rekindle an old hobby or desperate to try something new? What's stopping you?

As we get older, we often fear failure more than we used to, but starting something new, whether it's a hobby, learning a new craft or language or trying a new sport can bring a new lease of life.

5. CHANGE YOUR FOCUS

We are all guilty of getting so hooked up on negative feelings about our bodies that it becomes all consuming and draining.

If you focus on the things in life that make you feel happy instead you can slowly shift your mind set and gain a better perspective.

If you love a certain activity, make sure you really engage and throw yourself in to it.

It will boost your mood and increase your confidence levels.

*"Be courageous and
live the life that
your heart is
guiding you toward"*

6.GET MOVING

Find a sport or activity that you actually enjoy and don't view exercise as a chore. I used to really hate school sports and it put me off trying new activities for years, but I now go out running, dog walking and love swimming.

It brings me so much enjoyment and gives me time to switch off from the hustle and bustle of life for a while. I've found that it helps my menopausal symptoms, clears my head and feel less anxious. The fact that it's good for your physical and mental health is of course an extra benefit.



7. BE KIND TO YOUR BODY

BE KIND TO YOURSELF AND SHOW YOUR BODY SOME LOVE

We wouldn't say the things that we say to our own bodies to a friend so why do we think it's ok to talk so negatively about ourselves?

We all do it, you only have to eaves drop on a conversation with a group of women, to hear how many of us mock ourselves and put ourselves down in front of our friends. It almost becomes a competition to see who can say the harshest knock down about ourselves.

The only way to stop this is by speaking out if you're around people that start doing it, step away from the negativity and break the chain.

You need to become friends with your body.



"and i said to my body. softly. 'i want to be your friend.' it took a long breath and replied 'i have been waiting my whole life for this'"

NAYYIRAH WAHEED

8. REFRESH YOUR WARDROBE



This doesn't mean you need to go and spend hundreds of pounds on new clothes but be honest about the clothes you wear.

Try them all on, how do they actually make you feel? If they don't make you feel good about yourself then wearing them will only increase any negative thoughts.

I know when I've struggled with body confidence I spent a lot of time hiding under clothes that were too big and baggy and not flattering at all.

Learning how to own our bodies and embrace them through our clothes we wear can have a huge impact.

9. STOP COMPARING YOURSELF TO OTHERS

Stop falling in to the comparison trap. We are all guilty of it and in the ever increasing world of social media it's hard to avoid.

Audit the people you follow on social media and note how they make you feel. If someone leaves you feeling worse about yourself then unfollow them or snooze them for a while. It's ok to have a cull to help create your own boundaries

"Comparison is the thief of joy"

*Stop comparing
yourself to others.*

You are you, nobody else

could be you, even if

they tried to be.

You are unique and

beautiful.

Nobody else is you!

10. Affirmations

I carry a little notebook around with me in my handbag and if I'm having a wobble, (usually before going to a lingerie casting), I can look at the list of things I've written about myself that I've achieved and am proud of.

None of which have anything to do with my size, weight or looks!

"I am smart, determined and brave and I know I have a lot more I will achieve in the future"

What's your affirmation going to be?





Why not join the free
'Step Out of the Bubble'
Facebook group.

A safe space to share and feel part
of a community of women all
finding their own way through
midlife.

Where you get to hear from
amazing women who are
embracing life and leaving a trail of
inspiration along the way.

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