

Learning how to love ourselves

By Zone team

Do you ever wish you **ה** change the way you look? We all have things that we don't like about ourselves. A lot of the time we say, "if I just go on a diet and do sports, if I become more thin, then I will look good. Then I will like my body. But the best thing to do, is go the other way. Find things you like about yourself just the way you are now. Take good care of your body. And remember:

Nobody's perfect

Try to be less critical of your body. Our imperfections are what makes us beautiful. Remember that what you see on Instagram and TikTok is not the real world. The pictures and videos people share don't show what they really look like. Things like lighting and filters and even editing can make anyone look amazing, but it is not **ה**.

And besides, if everyone looked the same, the world would be so boring.

Find things to like about yourself

Maybe you like your hair, your pretty brown eyes or think you have a cute nose? Think about the parts of your body that you do like and why you like them. If you can't think of something, ask your friend or your parents. Know and remember that there is a lot to like about you. Let yourself feel good about it.

Take care of your body

Eating right helps you look your best. Find out what food is good for you and your body. Find out how much is not too little that you stay hungry but also not too much that you feel sick. Take your time when you eat and enjoy your food. Eating right gives you energy and also boosts your body image.

You should also make sure to get enough sleep. Keeping your phone away from your bed will help you fall asleep faster. A good night sleep will put you in a better mood. It also helps our body digest our food better, so we feel less heavy and look better too.

Stay active

Because of Coronavirus, we have been staying home a lot more than before. That means we are also moving less. Our body needs to move to stay healthy and strong. Doing sports like walking, running, yoga or dancing is not only healthy, but will also boost your mood and make you feel good about yourself.

Ourselves

עצמנו

Critical

ביקורתיים

Imperfections

פגמים

Lighting
תאורה

Editing
עריכה

Besides
חוץ מזה

Image
דימוי

Digest
לעכל

Heavy
כבדים