

Kroppl

NEWSLETTER

EXISTING IN YOUR OWN BODY

BY ADELE SANTAMARIA

When someone uses the word pretty to describe a person what are some of the features that pop into your mind?

Most commonly we think of someone quite skinny, blemish free skin, petite nose, full lips, high cheekbones. Even though she is skinny she has a large chest and a toned bottom but also a flat tummy. But is this even an attainable body?

Today an average person uses social media for around two hours a day, and as a result we absorb a lot of what we see. These standards of beauty seep into our subconscious and we see ourselves as less if we fall short of them. Young girls who are exposed to it at a tender age see this as a goal for what they should look like. What we don't see behind the scenes are the filters used to smoothen acne and cellulite, the plastic surgeries used to flatten stomachs and round out bottoms and the lip injections that were undergone to reach there. We are sold a fake image of a body that is impossible to achieve through healthy means .

Being present to these fallacies is a step towards changing our perception. Make sure you follow accounts of people with diverse bodies that represent the world we live in.

What we see is what we believe, we have to recondition ourselves to strive for health, both physical and mental rather than an illusion of perfection. The body positivity movement while it has done a lot to change perception still has far to go. It managed to change a lot including the ways brands market products and has brought about the downfall of empires like Victoria Secret for their unwillingness to change their branding. But it is not the movement for everyone.

For those of us who have struggled with body image issues our whole lives, body neutrality might seem a more plausible solution. While I find it hard to find love for my belly rolls it is easier to acknowledge their existence and their necessity for my body to be healthy. The ability to accept and respect your body even if it isn't the way you'd prefer it to be seems to me a rather important skill. Instead of struggling with trying to go from hate to love, allowing my body to exist as it is and appreciating all it does for me throughout the day is a much healthier mindset for me.

Learning that perfect doesn't exist is a part of growing up and accepting that doesn't mean we can't still try our best, is what allows me to keep going!

#nochilddleftbehind

BOOK RECOMMENDATIONS

Wonder by R.J. Palacio

A children's book all about having compassion for others and learning to accept yourself. This is a good book to introduce children to people different than them and how we should treat them



The Beauty Myth by Naomi Wolf

This is a non-fiction book for adults that might help you examine the world around you and understand better why we see our bodies the way we do.

