



LOVE YOUR BREASTS, YOUR BODY, YOUR LIFE

October is Breast Cancer Awareness month. This year, however, we decided to do more than a health reminder. We wanted to celebrate women everywhere. Or, more specifically – women’s breasts and bodies.

No matter your shape, size or colour.
 No matter how symmetrical or asymmetrical.
 No matter how rounded, or flat.
 No matter how fully formed or surgically removed.

We invite you, yes you, to celebrate your body, and your breasts today.

In a world where we are constantly attacked with marketing images of ‘the ideal body’, ‘the ideal breast’, and the always unattainable ‘perfect figure’, we need to start first by loving who we are and caring for our bodies.

Here are some ideas to cultivate radical self-love – because you deserve it.

1. SHUT DOWN UNHEALTHY INFLUENCES

Are you still following those Instagram accounts that make you feel envious, jealous, small, ugly, insignificant or not good enough? Are you still scrolling through feeds and buying magazines that make you feel you have to be ‘better’ than you are? Then stop. Just pull the plug on any of those influences, and make space in your head, heart and life, for self-care.



2. BAN SELF-TRASH TALK FOR GOOD



Any time your inner critic starts calling you names, criticising you, telling you all kinds of profanities of how you should be, or how awful you are; just pause. Take a breath and say: Even though I did... (whatever you did that you’re not proud of), I love and accept myself completely.

Train your mind to wash your self-critical brain with new neural pathways that will channel care, compassion and love to yourself.

3. BECOME YOUR OWN BEST FRIEND – IN BODY AND MIND

Instead of a strict diet, harsh self-talk, and always telling yourself how you fall short, how about cultivating some self-love? In her book, ‘Your Body is Not an Apology’, Sonya Renee Taylor explores this idea of radical self-love. Why do we settle for self-acceptance? We wouldn’t want to date someone who accepts us – we want a partner who loves us. So why do we settle for less when it comes to our relationships with ourselves?



4. CARE FOR YOUR BODY LIKE IT’S YOUR CHILD



Mothers usually have the most natural capacity for patience, care, and nurturing of their children. But what about their own bodies? Harness that innate maternal drive and be the nurturer for your own body. That means feed it well, treat it with kindness, and make a regular appointment with your doctor to get checked out. How often should I get checked?

Click here for our handy lists of important dates with your doctor.

5. CHECK YOUR BREASTS REGULARLY

When was the last time you felt your breasts for lumps, bumps or anything unusual? Washing and drying yourself doesn’t count as self-checking. It’s easy to miss cysts, tumors and abscesses if we overlook doing these checks regularly. Not sure how to do it?

Click here for our step-by-step guide.



Want more ways to love yourself better? Have a look at *The Body Is Not An Apology*, by Sonya Renee Taylor.

Click on the link below to watch our COVID-19 video
 • Understanding burnout while working from home - Part 1

- Resources:
- thebodyisnotanapology.com
 - ‘The Body Is Not an Apology’: Sonya Renee Taylor Is Leading a Revolution of Radical Self-Love: TheRoot.com
 - Achieving radical self-love: a roadmap: Meetmindful.com

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Let us stay mindful of caring for one another and ourselves

