

E-magazine: Esteem Yourself E-magazine

Title: Control Your Media Intake

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Need advice about self-esteem, self-worth, or confidence? I'm here to help. If you have a question, send it to info@esteemyourself.com. I'd love to hear what's on your mind.

Not all media is bad, however, media can be very damaging to a woman's confidence and esteem. It can be very difficult to ignore the type of media that glamorizes and give a so called perfect view of what a woman should be. Although the media may portray women with perfect facial structures, flawless features and friendly persona, most media elements are scripted to represent a fantasy world. No real woman is perfect. The photoshopped woman in a magazine and the perfect female character in a movie are structured to be appealing in order to entertain the viewer. Don't let what you read or view control your thoughts, feelings, and actions.

Control You Thoughts

Block the stereotype that puts restraints on women. No matter what you see on the television, in the movie theater or in a magazine, no woman is perfect. We all should strive to be better each day. However, trying to fulfill a perfect role can be draining and unrealistic. Think of the perfect woman as the woman that is strong, honest, loving and happy. Strive to gain qualities that will help you improve in every aspect of your life. Know that you can do anything that you set your mind to do. There is no limit to your success.

Control Your Feelings

Push the control button on what you consider to be damaging to your confidence and self-esteem. If you have been reading magazines and viewing shows that leaves you feeling negative about yourself now is the time to stop. It is important to always be engaged in reading and viewing positive uplifting materials and shows. Read and view materials that will strengthen your confidence and build your self-esteem. Never fall victim to the media and devices that are meant to have you thinking that you are not good enough.

Control Your Actions

By attempting to change your appearance and conforming to what you read and view you are letting the media control who you are and what you stand for. Find balance between watching and being. What you watch is made to glamorize and what you read is made to seem perfect however, real life is simply not that simple. Stay away from thinking that changing your appearance to what you see or read will automatically glamorize your life or bring greater happiness. Understand the boundaries between what is real and what is fake. Your life is much more meaningful and than what the media has to portrays. Who wants a flawless life? It would be truly boring and mundane.

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