

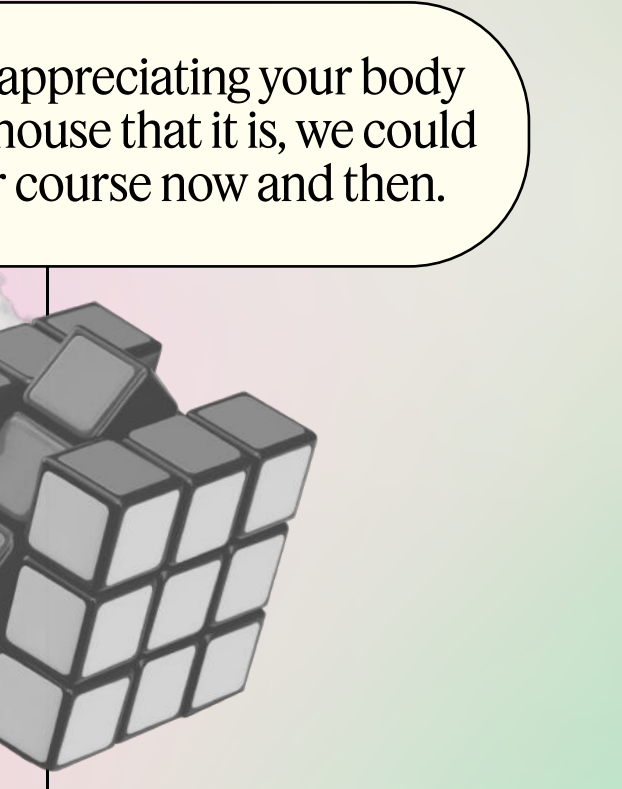


aerie x WMM

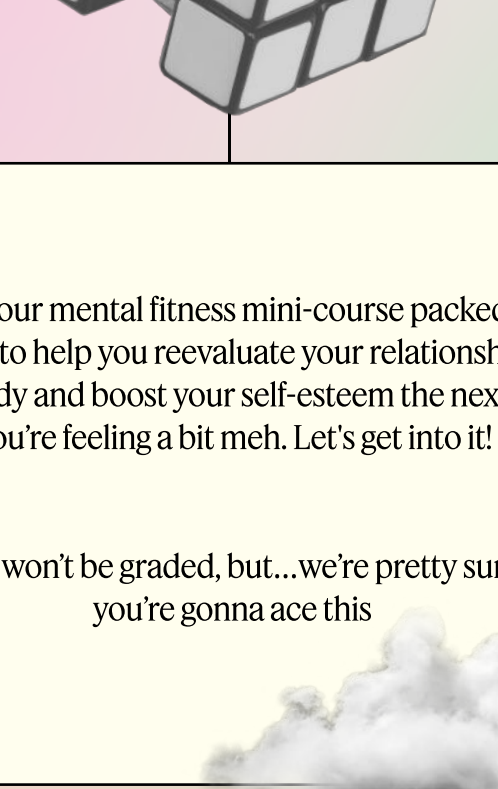
Mind, Body, REAL Talk

Mental Fitness Exercises

Wondermind and Aerie want to hear from you. Share the love by screenshotting the exercises that speak to you and tagging @officialwondermind and @aerie for the chance to be featured.



When it comes to appreciating your body for the legit powerhouse that it is, we could all use a refresher course now and then.



This is your mental fitness mini-course packed with exercises to help you reevaluate your relationship with your body and boost your self-esteem the next time you're feeling a bit meh. Let's get into it!

You won't be graded, but...we're pretty sure you're gonna ace this

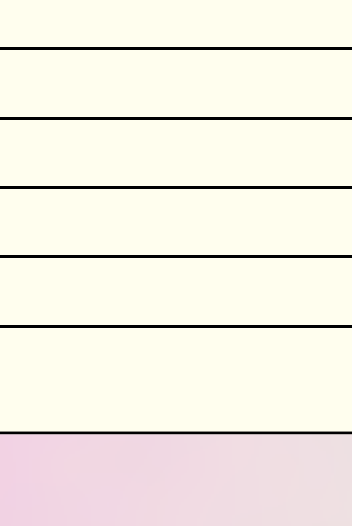


Fill In The Blank for Body Acceptance

We've all been there: You're getting ready for something epic and, instead of feeling excited, you're feeling anxious and frustrated about what you're going to look like. Your bedroom is basically a graveyard of outfits you tried on and hated. Maybe you're even contemplating not going at all. *record scratch* We're not going to let that happen. The next time you're feeling stressed about your appearance for some very cool event, use the get-ready-with-me script below as a guide to get your mind right. Less criticism, more compassion, friends. Screenshot the activity below and edit with your own answers. (Don't forget to share and tag us!)

Get Ready With Me (GRWM) For _____ (that fun thing coming up)

Instead of spending hours worrying about what to wear, I'm going to go with _____ (what you deep down really want to wear). If I start to feel some type of way about my body in this outfit, I'm going to repeat this little pep talk to myself: _____ (whatever body acceptance statement feels true to you). Before I head out, I'm going to remind myself what today is really about: _____ (what you'll be doing/celebrating/feeling). So I'm going to do _____ (fun activities you're looking forward to) and I'm not going to do _____ (confidence-sabotaging habit you want to break). Because, when it comes down to it, the life I want to live is focused on _____ (things you value most in life).



Give Better Compliments

Understatement of the season: Compliments feel good—whether you're doling them out or on the receiving end. But when you're caught in a compliment-storm about appearances, the vibe can get kinda weird, especially if you have complicated feelings about your body. The same goes for complimenting yourself—while a little ~body positivity~ might work for some people, for others it just feels fake and forced. So instead of pressuring yourself to come up with reasons you love your look all the time, practice showering yourself (and others!) with non-appearance-related compliments. If it feels weird at first, that tracks, since our culture is pretty heavily focused on physical compliments. Even more reason why we need to flip this script.

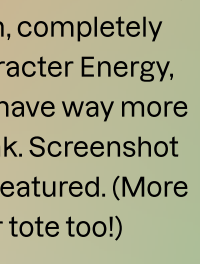
Need some help? Here are a few compliments from Team Wondermind that have zero to do with your appearance:

- You are hysterical.
- You have really great ideas.
- You're such a good listener.
- You are a true pleasure to be around.
- You make great TikToks.

OK, your turn. Jot down a few non-physical compliments below, or in your Notes app. Screenshot and show your work by tagging @officialwondermind for a chance to be featured.

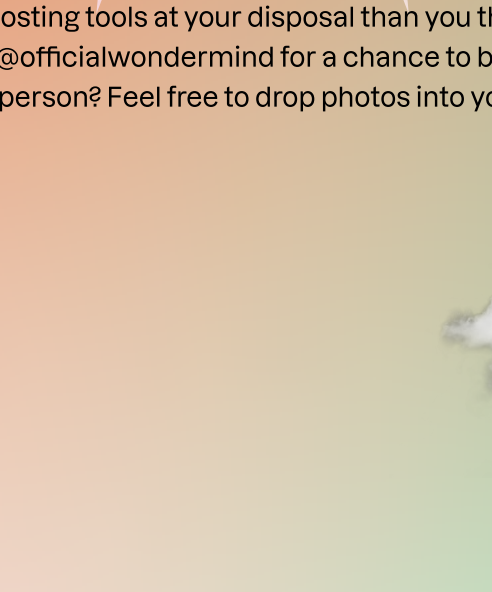
Who Said That?

At Wondermind, we get the chance to chat with the coolest people about their mental health journeys—your favorite actors, athletes, entrepreneurs, and more. And we've been legit shocked by how relatable their worries can be, especially when it comes to confidence, self-esteem, and body issues. Case in point: these candid quotes from past Wondermind interviews with some pretty incredible people. Let's see if you can guess who said what.

- "Right now, positive self-image and self-talk is probably one that I'm working on the most. And that's a practice that you kind of have to do every day. Some of the things that you say to your image, you would never ever say to your best friend or your little sister." 
- "What's worked the best for me has just been constant reinforcement that those things that I don't like about myself, those insecurities that I have with my body, have nothing to do with me. They're coming from a wounded, younger version of me that was bullied or berated or made fun of for something." 
- "I feel like I'm going to be left behind. That I'm irrelevant—that comes up a lot. That is one I probably struggle with the most. I think a lot of people do. We live in a world that discards women. So I cannot get my relevancy from the outside. It has to come from somewhere else." 
- "I literally just journaled a little bit about this this week. I was like, 'What does self-care look like for me?' And one of them for me was giving myself enough time in the day to pick out a cute outfit and do my hair and feel cute. That is self-care to me, and it has such an impact on the way that I show up the rest of the day." 
- "I think the best mental health advice that I've ever received is that faking or pretending is the worst thing for my mental health, personally. Saying the truth and being vulnerable and talking about it is basically what my therapist says to me in every session." 

Filling Up Your Epic Self-Esteem Tote Bag

You know those days when your self-esteem is so off-the-charts that you wish you could bottle it up and chug it on days when you're feeling especially meh? OK so we can't do that, but what if you could toss all those confidence-boosting ingredients into your (metaphorical) tote bag for safe keeping? Let's try it.



Behold, the Epic Self-Esteem Tote Bag.

Fill it up with anything that makes you feel like your most confident self, like: that one fire dress, spending time with your person, completely crushing a project, that playlist that gives you Main Character Energy, whatever works for you. Chances are you'll find that you have way more confidence-boosting tools at your disposal than you think. Screenshot and share with @officialwondermind for a chance to be featured. (More of a visual person? Feel free to drop photos into your tote too!)