

LOVE YOUR JULY

HAPPINESS HOW-TO

Share the body love

Want to feel great about the skin you're in? Love everyone else's! Pay it forward and watch your own confidence bloom.

► **Give genuine props.** Instead of glorifying a pal's thinness ("You're so skinny!"), hone in on her best features. ("That dress shows off your arms!") "Appreciating a friend's standout asset is a form of generosity," says Claire Wheeler, M.D., a psychologist in Portland, Oregon, adding, "It bolsters her self-esteem and strengthens your friendship." And practicing on a pal makes it easier to notice the good in *your* glorious bod!



Sincere compliments, offered or received, make you feel pumped!

► **Trailblaze.** Gather the gang for a hike or meet up for a tennis game or a run. Outdoor activities allow you to appreciate how well your body works, which makes you feel more attractive, a study in the *Journal of Experiential Education* reveals.

► **Say it with a sticky.** Leave an affirmative Post-It ("Smile, you're gorgeous!") on a public restroom mirror. Sending positivity into the universe is empowering. Visit OperationBeautiful.com for more noteworthy ideas.

► **Vote with your remote.** Skip *The Hills*. Catch TV series starring women of every shape, such as *Glee* (Fox) and *Drop Dead Diva* (Lifetime). "These shows convey that beauty comes in all sizes," says Scott Granet, director of the OCD-BDD Clinic of Northern California in Redwood City. Your support will spur producers to create more self-esteem-boosting programs!

► **Play coach.** When a buddy bemoans her belly pooch, rather than fuel a gripe session by disagreeing with her or complaining about your own jiggle, help her turn it around. A negative thought can be productive if it's used to inspire healthy behavior such as eating right. Acknowledge what your pal is feeling and volunteer to speed-walk with her or suggest bringing nutritious lunches for each other to the office. That's what friends are for!

► **Make a spa date.** Indulging in a pedi with your friends may feel a tad *Real Housewives*, but it reminds all of you that your body is worth it, says Joyce Nash, Ph.D., a clinical psychologist in Menlo Park, California. See you at the salon! —Andrea Bartz