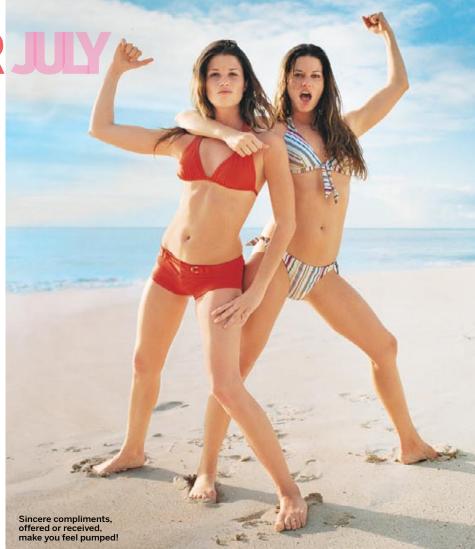
**HAPPINESS HOW-TO** 

## 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.

P 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 selfesteem and strengthens your friendship." And practicing on a pal makes it easier to notice the good in your glorious bod!



▶ 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!
- 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

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 heathy 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!