

9 Tips for Dealing with Glow-Up Pressure

It always happens at different points throughout the year. Whether it's early Summer or after you've been wrapped in knitwear over the festive season, it feels like there is always a reason to undergo a "glow-up". We've all been sitting inside for over a year waiting for the day when we could be in the sun again, and so this time there is one hundred times the pressure to come out of lockdown and the pandemic looking and feeling like the best version of ourselves.

But, this is not always the healthiest way to be. Sure we might want to be looking our best for seeing friends and loved ones again, or maybe to re-enter the dating scene after a year off, but feeling like you have to be the best version of yourself is no way to get back to normal, and can lead to some pretty damaging consequences. We've teamed up with the team at skincare wonder-brand Bioré to bring you some key tips on making sure you are **FEELING** your best, because it's not always about looking it.

1. Understand that you aren't the only one feeling this way

We're all in the same boat on this one. No one has been outside, no one has got a pre-summer holiday tan, everyone has been sitting inside eating and drinking too much because we were bored. You might have been one of the lucky few that could get a hair appointment when they reopened but that might be about it. The point is, there isn't going to be anyone out there feeling 100% their best, and so there is no reason why you should be.

2. Try some mantras that will reinforce your self-esteem

Repeating a positive statement in the mirror will help to write that pathway in your mind. Repeat it enough, and you'll really start to believe it. Try saying one of these affirmations a few times when you wake up in the morning and when you go to bed;

'I am loveable and loved'

'I am beautiful inside and out'

'I am strong and I am powerful'

'I am capable of dealing with what life throws at me'

'I am talented and smart and nothing will change that'

'My skin does not define me'

Or why not make up your own?

3. Spend time around people who love you for you, not for what you look like

The best way to avoid the pressure of glowing-up is to remove yourself from people who might put that pressure on you. If you are lucky enough to have family, close friends or a partner that you feel comfortable and safe with, spend time with them. They will love you for who YOU are, and not what you look like.

4. Get a good self-care ritual together that's about making you feel good, not only looking good

Self-care is about more than just looking good, it's about feeling good about yourself too. Taking time for yourself to do what you enjoy, or what relaxes you, will help you de-stress, and make some space for good thoughts and feelings. Whatever it is that makes you feel better, book in some time one or two nights a week to do it, away from your phone, away from others. Just a bit of space to breathe can work wonders.

5. Prioritise your mental wellbeing over everything else

We know sometimes it's easier said than done, but putting your mental wellbeing above how you look is really important here. If looking your best is stressing you out, then it's just not worth it right now. We've all been through a lot in the past year. If you feel anxious about seeing loads of people, then see a few at a time. It's all about baby steps.

Explore the Bioré x Ditch the Label Skin Esteem Campaign [here](#).

6. Take care of your physical health and the rest will follow

Exercise should be something that allows you to celebrate what your body is capable of, not a punishment for something you ate. It will raise endorphins, boost serotonin and give you more energy that will help you be yourself around the people you love. So get out for a walk or jog, or rejoin a gym.

It might be that you haven't exercised in a long time and if you feel like you can't be as good as you were, this could be a barrier to starting again. But trust us, putting one foot in front of the other is a win, and we all have to start somewhere.

7. Take regular breaks from social media

We all know that social media isn't exactly reality. There's a lot of photo editing and showing only the very best versions of ourselves on every platform. Nevertheless, even though we know this, we still find ourselves comparing other people's lifestyles, skin, hair, nails, clothes to our own. And more often than not, they come out on top when we do. So factor in some time away from your phone and live in a moment of reality. It might sound obvious, but the less time you spend swiping, the less time you have to compare yourself.

8. Know that having confidence in yourself is beautiful...

Yeah, we know it sounds cheesy, but being confident in yourself is beautiful. Knowing who you are and what you want and what you are passionate about is what we should all be striving for, not having the best tan, the most expensive haircut or the clearest skin

9. ... But it's not going to come overnight

Self-love is a journey and it will have its ups and downs. We all think it would be great to wake up one day and feel incredible or like we can embrace the parts of ourselves that we don't like. But, it will come, eventually. We promise.

Wanna find out more about your skin? Read our guide to the Science of Skin [here](#).

You can explore more from the campaign between Bioré and Ditch the Label to boost skin esteem [here](#).