

TOP TIPS FOR GROWING + YOUR CONFIDENCE + ✨



With your body and hormones changing so much during puberty it is unsurprising that your confidence levels start to fall. Here are Dr. Zoe Williams's top tips for staying self-assured and confident from puberty through to adulthood. ✨ +

REFRAME YOUR DIFFERENCES

I used to have my afro hair chemically straightened. I did this because I wanted to fit in and I hated it if anyone commented on my hair.

My mum helped me become proud of my differences instead of embarrassed by them. Whenever we saw someone with a perm (very popular in the 1980s) she'd say, 'Look at all the people spending a fortune to get curly hair and you have it naturally.'

Think about something that makes you different and self-conscious as a result. How could you reframe it as something positive, as something to be proud of?

Try writing a list of ideas for inspiration.



THE MAGIC OF MANTRAS

We all have an inner critic, a mean little voice in our head that likes to tell us we aren't good enough, clever enough, or pretty enough, and if we don't do something to counter that voice it can steal our happiness and opportunities.

Using mantras – a positive statement that you repeat over and over – is one of the best way of drowning out your inner critic. Here are some mantras to try.

Once you've chosen your mantra keep it somewhere you'll be reminded of it, then wherever you feel your confidence dip, say your mantra in your head at least ten times.

YOU HAVE GOT
WHAT IT TAKES

YOU ARE
ENOUGH

YOU'RE BEAUTIFUL
INSIDE AND OUT

YES,
YOU CAN

PHYSICAL EXERCISE. LET'S GET MOVING

When I was young and suffering from severe asthma, my doctor gave me what is known as a social prescription and recommended that I take up physical exercise. He felt that exercise would help my asthma because it would help my lungs work better, but it would also help me grow my confidence.

The first sport I ever had lessons in was dance, and it ended up massively changing me and my life for the better. I made lots of new friends through dance and became very competitive. Is there a sport that you've been wanting to try? Or a school team you'd like to try out for? Whatever it is, I say go for it!



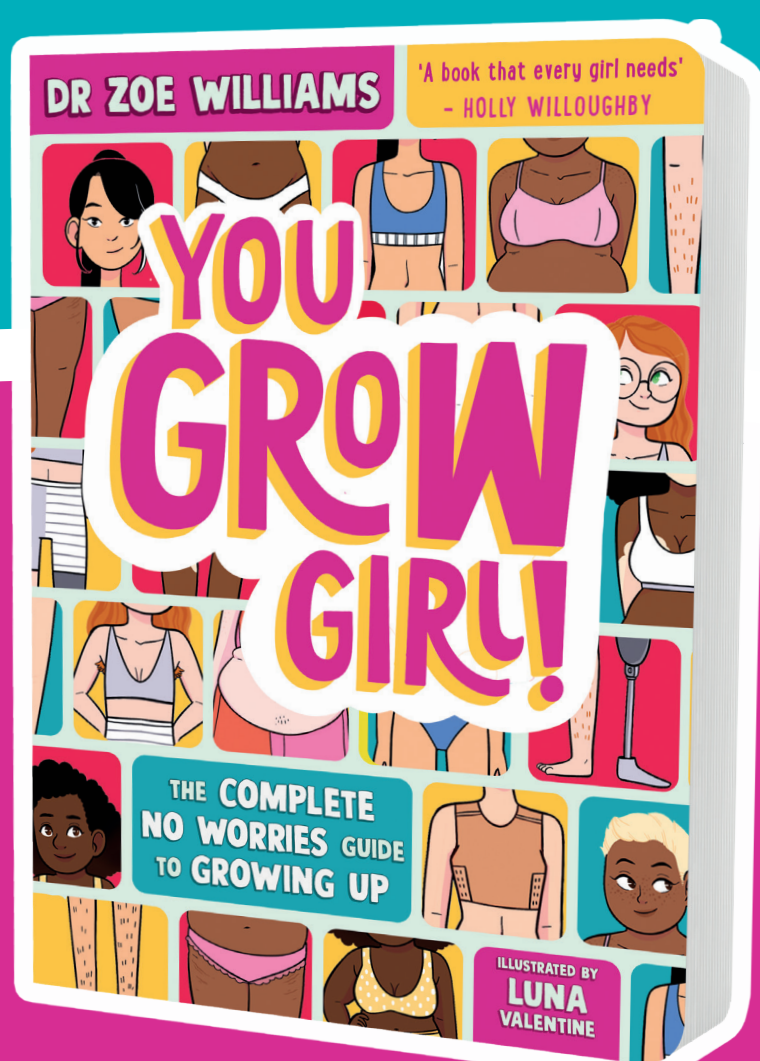
BODY IMAGE

Our bodies are amazing. They do so much for us and carry us through life, so it's a real shame when they become a reason for us losing confidence and we become self-conscious.

We also live in a culture that's obsessed with appearance, so it can be really hard to stay immune to this. A great way to counteract this obsession with appearance is to focus on how amazing our bodies are instead.

Here are some facts about your body to help you appreciate it more...

- Every second your body produces 25 million new cells
- There are around 60,000 miles of blood vessels in your body – enough to go around the world twice!
- Weight for weight, your bones are stronger than steel
- When you sneeze, the air comes out of your body at a speed of up to 93 miles per hour!
- Your body is made of stardust – it really is, ask your science teacher!



For more top tips check out
YOU GROW GIRL, an empowering guide to growing up

GROWING UP IS EXCITING

but can also be strange and confusing.

That's why Dr Zoe is here to help with
her no worries guide that will give you
the confidence to thrive

YOU GROW GIRL!

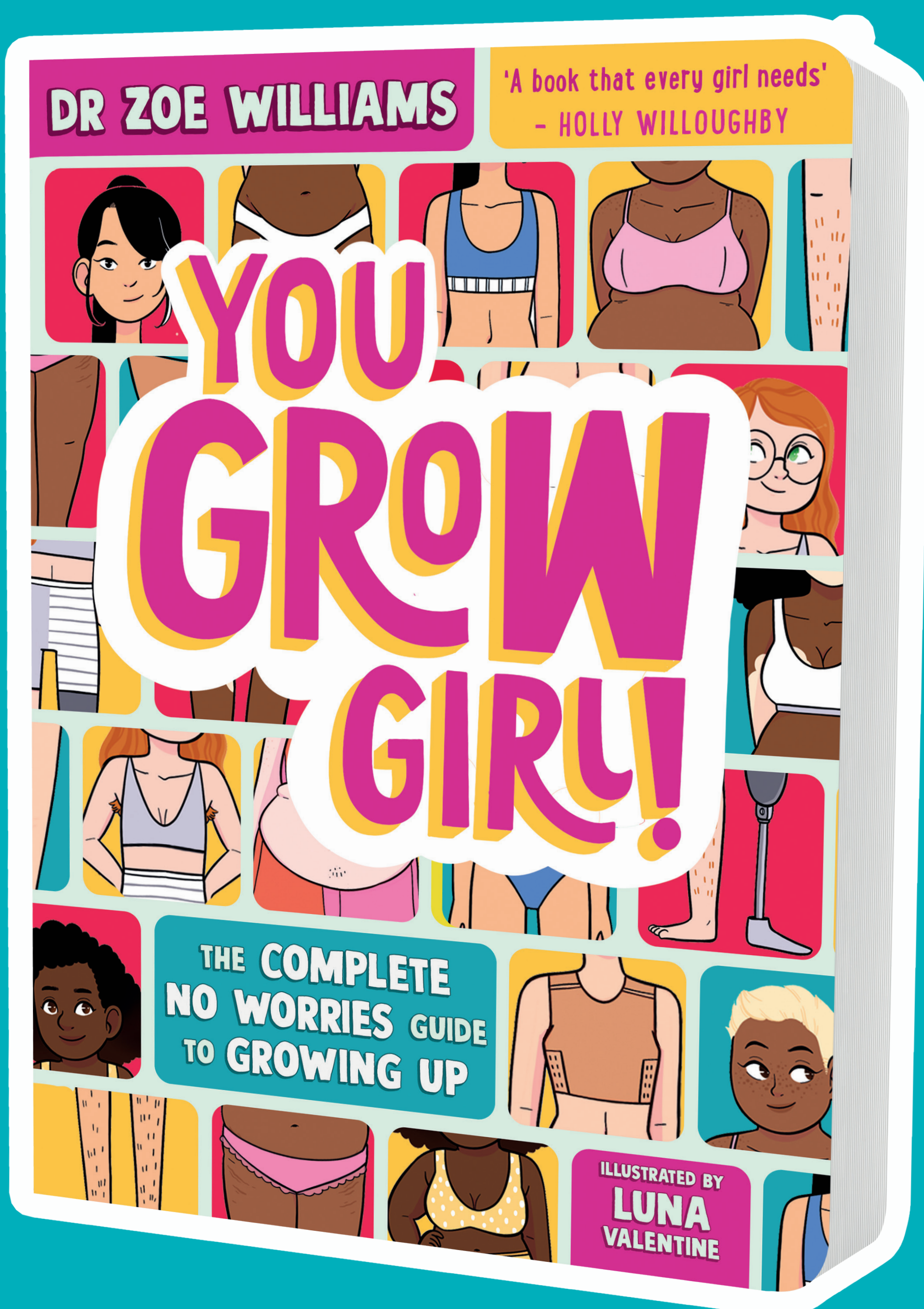
will help you

Understand periods
and body changes ☒

Keep healthy – both
physically and mentally ☒

Recognise good
relationships ☒

Grow your confidence ☒



From *This Morning's* resident doctor, Dr. Zoe Williams