

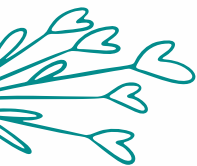


How to work with your body, not against it

Did you know that, according to a survey published in 2020, 55% of dancers suffer from social physique anxiety? That's stress that comes from other people looking at our bodies. Which is...well, pretty much what we do in dance.



The good news is that if people looking at your body makes you a little stressed, you're not alone (by a long shot). Not only that, but there are other things we can do to relieve some of those feelings. The first thing we can do is to recognize the thoughts we have about our bodies. Take a moment to reflect and write a few not-so-kind thoughts you have about your body.



Now, take one of those thoughts and say it in the mirror as if you're saying it to another person. For instance, "You're not good enough" or "I hate you, arms."

Feels silly, right? But, when we're unkind to our bodies in our minds, it can have a real impact on our dancing. We can counteract this by creating what's called body compassion. Compassion is simply meeting suffering with kindness. We can all probably agree that our bodies suffer (at least a little bit) in dance class. You wouldn't treat another human that is suffering by saying unkind things to them, would you? So, why do the same to your body? Take a moment to think of how you might reframe one of your not-so-kind thoughts from above into a more compassionate statement. Write it below.

