

BECOMING COMFORTABLE WITH MY BODY - DEBI MURRAY

This post was created in partnership with Stayfree™ and Womensforum.com.

After 5 pregnancies, my body isn't what it used to be. Well, between pregnancy and general life happening, things have just changed. From things sagging, stretch marks, peeing when I laugh, and adding some extra weight, it took a while for me to get comfortable with what I see in the mirror. I am no longer that thin and toned girl I once was. But that is okay! I'm a mom to my beautiful children and I've found new ways to love who I am now. I was thrilled to work with Stayfree™ for this sponsored post.

Everyone wants to be able to love their body. For some reason, we, as women, tend to be too hard on ourselves. We only see the things that we hate. Women need to start seeing themselves as beautiful.

Ways To Become More Comfortable With Your Body

Stop Seeing Things Critically: When we are talking with our other female friends, we don't see their flaws or extra weight. We see a beautiful person. We need to stop looking at ourselves with harshness. The first way to start seeing ourselves as beautiful is to try and look at ourselves the way we look at our friends.

Dealing With Extra Weight: There is nothing wrong with wanting to lose weight to be healthier. But trying to be super model thin when you're not naturally built that way or doing crazy crash diets is unhealthy. Focus on staying healthy, eating the right amount of calories and getting the right amount of exercise. If you are doing these things it means that you are taking care of your body. You might not be a size 3 ever again, but that doesn't mean that your body doesn't look great.

Change The Way You Look At Your Stretch Marks: I actually love my stretch marks. Most people think I am crazy when I say that. These tiger stripes down my belly are well earned. I have given birth to 5 beautiful children. Each stretch mark show that my body worked hard to grow my babies.

Go Ahead And Laugh: So one of the down sides of having kids is the dreaded leaks. no one wants to admit that they pee when they laugh. But it happens. It happens to most women. Now there is a product that works for anytime during the month. Stayfree™ Ultra Thin pads with wings are multi-purpose pads that work for light bladder leaks and can be used any time of the month. These ultra thin pads are also great for anyone who just wants to feel a little more fresh while exercising, hiking or even just a hot day. Because these pads are extra thin (about the size of a panty liner) Stayfree™ Ultra Thin pads (click for a coupon!) are more comfortable to wear.

It is important that women start to think of themselves as beautiful and stop criticizing everything about themselves. No one wants to hear their daughters call themselves fat or ugly, but oftentimes, little girls hear that from their mothers or grandmothers and it because an acceptable way to think of themselves. Actions work so much better than words. Let's show our girls that they should love themselves, all of themselves.

