

AMOR PROPIO

by:

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“You yourself, as much as anybody in the entire universe deserve your love and affection.” - Buddha

With the vast use of different social media platforms nowadays, teenagers, mostly girls make sure that they are “IN” with the current trend. May it be the fashion style, hair style, make-up, Tiktok trends, or even the body figure which they see as a perfect body. And for them in order to achieve that perfection, they would do fasting, diet and extreme exercise.

While they are spending much time in achieving their body goals to be accepted by society – social media, to be in trend, some of them forgot to love themselves genuinely. They sacrifice their appetite for not having to eat their most favourite dish because maybe of high calories. And that is one of the negative effect of social media to our society nowadays. Teenagers must also take into consideration that they should not focus only on the physical attributes, but must pay more attention on their skills and attitude. Most of our teenagers nowadays forgot to put their manners first before their physical appearance and become too stubborn.

Teenagers, as they enter the most crucial stage of their lives, must learn to accept all the flaws they have to fully love themselves. Not to live by what is accepted by the social media, but to be true to themselves. We all know that despite the imperfections, we have so much positive attributes and we must focus on improving these qualities.

Always keep in mind the old saying “Nobody’s perfect”, because no one really is. Learn to embrace your imperfections, and be grateful for the abundant love you are

receiving from the people who matters to you the most and accept the flaws you have.
Most especially, love and be kind to yourself.

References:

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