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## How to truly glowup, at any age

### It's beyond just finally being able to afford expensive skincare

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In the pursuit of personal growth and wellbeing, the concept of a glow-up transcends mere physical changes, diving deep into the realms of internal transformation and self-discovery. It is an ongoing journey, not confined by age but rather fueled by dedication, patience, and consistency. Let's explore the multifaceted aspects of a glow-up at any age and any time, emphasizing the importance of nurturing one's mind, body, and spirit.

#### Embracing individuality

At the core of the glow-up journey lies the profound act of embracing individuality. Mental wellbeing at this age and at a time when social media sets the standards for an "ideal lifestyle" is crucial. Recognizing that authenticity is more valuable than conformity empowers us to navigate the pressures of societal expectations. Embracing imperfections and cultivating a positive self-image are essential steps toward a fulfilling glow-up journey. Remembering that mental wellbeing transcends external validation is key to fostering resilience in the face of societal pressures.

Rather than succumbing to the pressures of comparison, especially in the world of social media, we would like to encourage everyone to celebrate their unique attributes and accept themselves unconditionally. This foundational step sets the stage for a transformative process rooted in self-love and acceptance.

#### Have a mantra

One key element in embarking on this journey is the establishment of a yearly focus—a mantra that encapsulates one's aspirations and intentions for personal growth. This guiding principle serves as a compass, directing us towards a path of purposeful living and mindful decisionmaking. One mantra example can be "Authenticity Unleashed, Genuine Path Embraced."

Your set mantras may change. In fact, it is healthier to change it according to the transitions you are undergoing. Allowing your mantra to evolve with your personal growth encourages a dynamic self-discovery process. Embrace the fluidity of life, welcoming new aspirations and shedding what no longer serves you. Just as seasons change, so can your guiding principles, reflecting the beautiful complexity of your everunfolding identity. This practice fosters resilience and adaptability, empowering you to authentically navigate the various chapters of your life.

#### Choose joy and happiness

Central to the glow-up journey is to prioritize joy and happiness. By consciously choosing activities and relationships that nourish our soul, we cultivate a sense of fulfillment and contentment in our lives. This deliberate pursuit of joy underscores the intrinsic value of living authentically and aligning one's actions with personal values and aspirations.

Engaging in activities that bring genuine happiness contributes to emotional wellbeing, emphasizing the significance of mental and emotional detox. Just as the body benefits from physical detox, the mind and soul thrive when we intentionally release negativity, and that includes people in your life that no longer align with your growth. Prioritizing mental and emotional well-being becomes a cornerstone in the glowup journey, fostering a balanced and harmonious life.

#### Sleep!

In the realm of physical well-being, the importance of healthy sleep habits cannot be overstated. A consistent sleep routine not only rejuvenates the body but also fosters mental clarity and emotional resilience. It serves as a cornerstone of overall health and vitality, laying the groundwork for a vibrant and energized existence. Quality sleep is a powerful catalyst for physical and mental rejuvenation. It enhances cognitive functions, consolidates memories, and supports emotional equilibrium. Embracing a mindful approach to sleep hygiene, such as

creating a comfortable sleep environment and establishing a calming pre-sleep routine, becomes a mindful investment in oneself. Recognizing the interconnectedness of sleep, well-being, and the glow-up journey reinforces the importance of nurturing both body and mind for a fulfilling and thriving life.

#### Be truly minimalist

Embracing a mindset of minimalism further enriches this glow-up journey, prompting us to appreciate the abundance that already exists in our lives. By eschewing materialistic pursuits in favor of gratitude and simplicity, we cultivate a deeper sense of fulfillment and inner peace.

Minimalism extends beyond the physical realm, permeating into mental and emotional spaces. It encourages decluttering not only our living spaces but also our minds, letting go of unnecessary stressors, and embracing a more intentional, focused mindset. This intentional simplification allows for greater clarity in goals and priorities, paving the way for a purpose-driven glow-up journey. Embracing minimalism becomes a mindful practice of aligning our values with our lifestyle, fostering a profound sense of contentment and tranquility amid life's complexities.

#### Celebrate milestones

Celebrating achievements, both big and small, is essential to nurturing a positive self-image and fostering a growth-oriented mindset. By acknowledging our progress and milestones, we instill a sense of confidence and self-efficacy that propels us forward on our journey of personal transformation.

Moreover, celebrating achievements serves as a reminder of the resilience and determination inherent in the glow-up journey. It reinforces the idea that challenges are opportunities for growth and that each step, regardless of size, contributes to the overall trajectory of self-improvement. This positive reinforcement not only bolsters motivation but also creates a supportive inner dialogue, cultivating a mindset that embraces challenges as stepping stones toward a more empowered and fulfilled self.

#### Wield powerful tools

Mindfulness practices, such as daily meditation and yoga, serve as powerful tools for cultivating inner peace and resilience in the face of life's challenges. These practices foster a deeper connection with oneself and the world around us, nurturing a sense of wholeness and wellbeing.

Incorporating mindfulness practices into the glow-up journey goes beyond momentary tranquility; it becomes a sustainable foundation for navigating life's ebb and flow. Through regular meditation and yoga, individuals develop emotional intelligence and an increased ability to stay present in each moment. This heightened awareness not only enhances the overall quality of life but also acts as a compass, guiding decisions and actions with a centered and conscious approach. The integration of mindfulness becomes a transformative thread weaving through the fabric of personal growth, anchoring the glow-up journey in a state of mindful, intentional living.

#### Practice gratitude

Another is the cultivation of supportive relationships and the intentional cultivation of gratitude. By surrounding ourselves with uplifting individuals and expressing appreciation for the blessings of their presence in our lives, we foster a sense of connection and belonging that enriches our journey. Furthermore, the reciprocal nature of supportive relationships and gratitude amplifies the positive impact on the glow-up journey. Actively engaging in acts of kindness and expressing gratitude not only strengthens interpersonal connections but also creates a ripple effect of positivity. This interconnected web of support becomes a powerful source of encouragement during challenges, emphasizing that the journey toward personal growth is not a solitary endeavor. It reinforces the understanding that shared experiences, shared joys, and shared growth create a tapestry of resilience and fulfillment, making the glow-up journey a collective celebration of thriving lives. Our glow-up journey is a profound odyssey of self-discovery and personal transformation. It is a testament to the resilience of the human spirit and the boundless potential that resides within each and every one of us. By embracing the principles of self-love, mindfulness, and gratitude, we embark on a transformative journey that transcends the confines of time and circumstance. As we continue to navigate the complexities of life, may we all find solace and inspiration in the beauty of our own evolution.

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