

How to Deal With the Thought “Why Am I So Ugly?”

- Prioritize self-care
- Appreciate what your body can do
- Replace negative self-talk with positive affirmations
- Re-evaluate your social media
- Spend time with people who love you
- Get dressed up
- Focus on how you eat, sleep, hydrate, and exercise

Why Am I So Happy

Siddappa N.Byrareddy



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