



Makeup Your Mind

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Makeup is a tool we use to enhance our beauty. It helps us feel good when we dedicate time and attention to ourselves each day. The application of makeup is not a one size fits all approach and neither is the way we achieve mental wellness.

I want to give you three easy tips that can be applied to your daily routine as you makeup your face and consciously makeup your mind to live free and well.

1 Put Yourself First

Taking care of yourself means prioritizing what is important. You deserve to live a fulfilling and meaningful life. This requires setting aside time as you start your day. Put on your makeup with a sense of pride and intention.

2 Apply What You Know

Achieving strategies to improve your overall sense of well-being is like finding the right color pallet for your skin tone. Each of us are unique and we require a different combination of things to meet our needs. Remember what works for you and use this as your compass to guide you throughout the day.

3 Practice...Repeat

In order to stay motivated you must remain consistent in your pursuit of wellness. This means practicing techniques and skills and doing them over again even when it seems difficult. Makeup is artistry; it takes creativity and patience.