

Editorial Nine

## **Your Wellbeing – being happy comes from within**

According to Cambridge Dictionaries Online (<http://dictionary.cambridge.org/>) wellbeing is the 'state of feeling healthy and happy.' While wellbeing is often portrayed and associated with health issues, it is also about being happy and confident with who we are. Feel good on the outside and watch as your happiness on the inside increases.

Our image projects to the rest of the world who we are and where we come from. It plays an important part in our happiness, confidence and self esteem. The colours we wear have a powerful impact on our emotions. The right colours make us feel amazing. Our skin looks clearer and younger and our eyes shine. The wrong colours on the other hand make you look and feel tired and older. They highlight any dark patches around your eyes and detract from your natural beauty. The wrong colour and outfit can leave us feeling very unhappy with ourselves and our bodies as our level of happiness decreases when we are not satisfied with the way we look. Often we do not realise why the outfit makes us look and feel this way. Rather than getting depressed and thinking that most clothing styles don't suit you or worse yet stop bothering about the way you look and feel, take some time to invest in you and your image.

By taking the time to invest in your image you can learn how to use your body features and strengths to your advantage. Don't be fooled into thinking that only the super models of the world can look good. After all not all of them get their style and image right all of the time. Everyone has aspects about them that make them look great and that should not be hidden. You probably know in great detail the parts of you that you don't like but have you stopped to think about the parts of you that you do like? Stop concentrating on your negatives and focus on your positives! You can easily disguise any flaws and highlight your assets with some fantastic image tools and guidelines.

Instead of wishing for what you don't have, start celebrating what you do have. Everyone has something different to offer the world and this is what makes it an exciting place. If we all looked and dressed the same it would be a very boring world. We believe that part of wellbeing is also about accepting and recognising that what we have to offer is often different to what our friends, family, colleagues and peers have to offer and that this is a good thing.

If you are frustrated because you don't know how to select the right clothes or you think it is all too much effort with the different fashion styles that change every season, do not despair. There is help available. Fashion websites and

forums often have plenty of good tips, information and season trends. For a more in-depth analysis you may wish to consider more professional expertise. An Image Consultant, for example will provide you with the fundamental information that is specific to you and enables you to look fabulous without the effort of trying on half your wardrobe before you are satisfied with an outfit. Once you have these tools you can build a functional wardrobe that always works. You will learn how to buy and wear clothes that are right for you. You know how to apply the correct makeup, understand your dress personality, the styles that suit you and the colours that make you radiate.

Remember to be confident in you and put your best features forward. You are dressing for you and you don't need to succumb to the pressures of each and every fashion style and phase. Not every style suits every body line and style is more than just a fashion trend, 'Style is about making something your own'. (Gross and Stone 1995, page 23)

Don't be afraid to be you. Learn how to look good every time and feel confident and happy in yourself.

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Izziana Image is dedicated to helping you look and feel your best. We will show you how to be confident with your clothing choices. More information on the services we offer can be found at [www.izzianaimage.com.au](http://www.izzianaimage.com.au)

#### Reference Material

1. Johnson Gross, K and Stone, J, 1996, *Chic Simple Women's Wardrobe*, 2<sup>nd</sup> Edn, Thames and Hudson, London
2. Cambridge Dictionary Online, viewed 10 June 2008  
<<http://dictionary.cambridge.org/>>

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