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A New Year Reflection

I think we're hard-wired to reflect on our lives come January. And along with reflection inevitably comes prioritization; thinking about what matters the most to us. Interestingly, when we look at happiness studies, looks and money are never at the top of the list. Self-esteem trumps all.

It may come as a surprise to hear this from a dermatologist, but it really is about feeling better, not simply looking better. Also surprisingly, these studies have shown that self-esteem is a skill that we actually have to practice.

And in my line of work **here's how I've made sense of self-esteem and appearance:** when we look our best, people respond to us in a positive way. In turn we exude confidence and capability. As much as we all strive to maintain a healthy self-esteem, let's face it, there are mornings when looking in the mirror can potentially wreck our day.

Now imagine if instead, looking in the mirror boosted your spirits? My patients know that I believe that small physical changes can make a big impact on appearance and self-confidence. It gives us both an internal boost and an external boost. In other words, subtle changes on what we convey to the world gives us our shine back.

Around this time of year I also like to remind my patients and my staff, and yes, myself, of just how hard we work in every area of our lives. So here's to us, and may the new year be filled with health, happiness and a generous dose of self-esteem for us all.