

# Dressing Well & Increasing Awareness

LIVING WELL – OCTOBER 2023

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The first thing others see is *you*—not your resume, background, or credentials. A picture is truly worth a thousand words and how you dress is the picture you provide for all the world to see.

Understanding that life can be challenging and that there is a lot of not-so-great things in the news on a daily basis, it is not too surprising that putting effort into what you are wearing may not be top of mind. However, putting on clothing that makes you feel fantastic *does* make a difference and *will* boost your mood. This approach is called dopamine dressing.

Dopamine is a chemical messenger in the brain that helps nerve cells send messages to each other and spikes when we experience something satisfying and pleasurable. It is often called the feel-good hormone as it is a powerful mood booster brain chemical.

“  
Dress how you want  
to be addressed!”

What we wear impacts our self-image, confidence and mood. Wear items that make you feel amazing and boost your dopamine using these tips:



## Classic Looks

Pay attention to how clothes make you feel – the trendiest items may not be something you enjoy wearing and make you feel insecure, but wearing classic pieces make you feel powerful and positive. So figure out what works best for you and dress for yourself.



## Care Labels

Clothing doesn't need to be expensive – there are many low-cost options in-store and online where you can select pieces to create a weeks worth of outfits, and when you care for your clothes properly – following the care labels – you can enjoy them for awhile.



## Fit & Tailoring

Wear items that fit well and flatter your body type – avoid anything that is too baggy, too short, too long or too tight. A tailor can help you achieve your perfect fit by adjusting garments to your unique measurements.



## Colour Choice

Wearing your favourite colours is a mood booster– there is a psychology to the colors we are drawn to and wearing them will help generate dopamine.



## Textile Choice

Avoid fabrics that are stiff and scratchy opting for materials that are comfortable and breathable.



## Accessorize

Express your personality with accessories – from jewellery to socks, there are lots of choices we can make everyday to show our individuality.

Putting effort into your daily wardrobe selections and grooming will help make you feel more:

- ✓ **Confident** – when you feel good in what you are wearing and how you look it will naturally bring you a sense of exuberance and confidence – conversely, studies have shown that if are wearing baggy pants with a wrinkled top and have messy hair, you will only feel worse throughout the day.
- ✓ **Respected** – dressing in clean, well-fitting clothes while also being well groomed and accessorized shows your attention to detail, which will generate respect from those around you.
- ✓ **In control** – putting effort into your appearance will also lead to putting effort into healthy eating, fitness and lifestyle choices.
- ✓ **Positive** – tell the world that you care and respect yourself and your lifestyle, and strive to avoid negative thinking and comparisons.

*Dopamine dressing* is embracing the colours, textures and styles in clothing that make you feel your very best to boost your mood, confidence and overall well-being. There is a proven connection between how we look and how we feel so dress yourself well to thrive.

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