

# Giving Thanks for My Body

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General

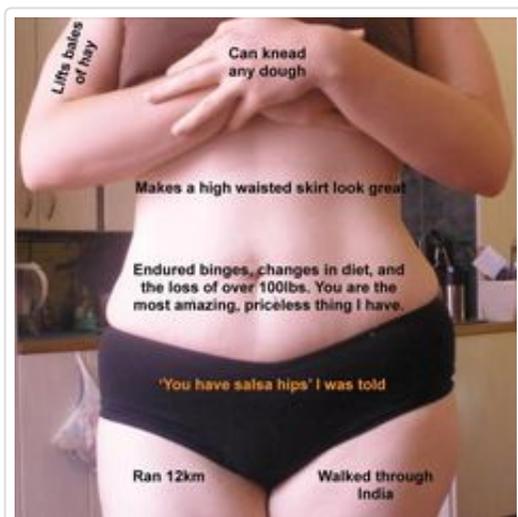
(<http://abbeypost.com/blog/category/general/>)

Body Image (<http://abbeypost.com/blog/tag/body-image/>),

holiday (<http://abbeypost.com/blog/tag/holiday/>), self-esteem

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Everyone tries to drum up a little gratitude this time of year. At Thanksgiving we know we're probably thankful for more than just well-made gravy. We're thankful for our families, our jobs, our health – the usual stuff. But thankful for our bodies? That never occurs to most women because we're too busy wishing we were a bit taller (or shorter), or that we were thinner or curvier or whatever. But our bodies

do a lot for us, and we should take the time to show some appreciation.

Yeah, yeah, I know. How can I expect you to be thankful for your eyes when you've just started wearing reading glasses? Your knees are acting up or hot flashes have you wondering if your body is out to get you. I'm right there with you. I'm so nearsighted that I've worn glasses since I was 9, and reading glasses over my contacts since I was 19. (If I want to see well enough to drive, I have to give up some close vision.) I have bad ankles from birth defects and bad knees from an accident when I was 12. I get migraines often enough that I will smack anyone who suggests that I should be thankful for my health.

My body is not the most glorious specimen, is what I'm saying. So if I can throw some gratitude at my body, I'm sure you can too.



<http://abbeypost.com/blog/wp-content/uploads/2014/11/42a21f1306f81e7036016d521d8fdf48.jpg?9eab75>

## Eyes

How can I be thankful for eyes that aren't that great at seeing? They're a lovely shade of blue/green, with lashes so thick I don't need mascara. My nearsightedness constantly reminds me to be grateful I live in a century with

eyeglasses, contact lenses and [Tina Fey \(http://www.today.com/style/tina-fey-swaps-out-her-signature-glasses-1C8685445\)](http://www.today.com/style/tina-fey-swaps-out-her-signature-glasses-1C8685445).

## Thighs

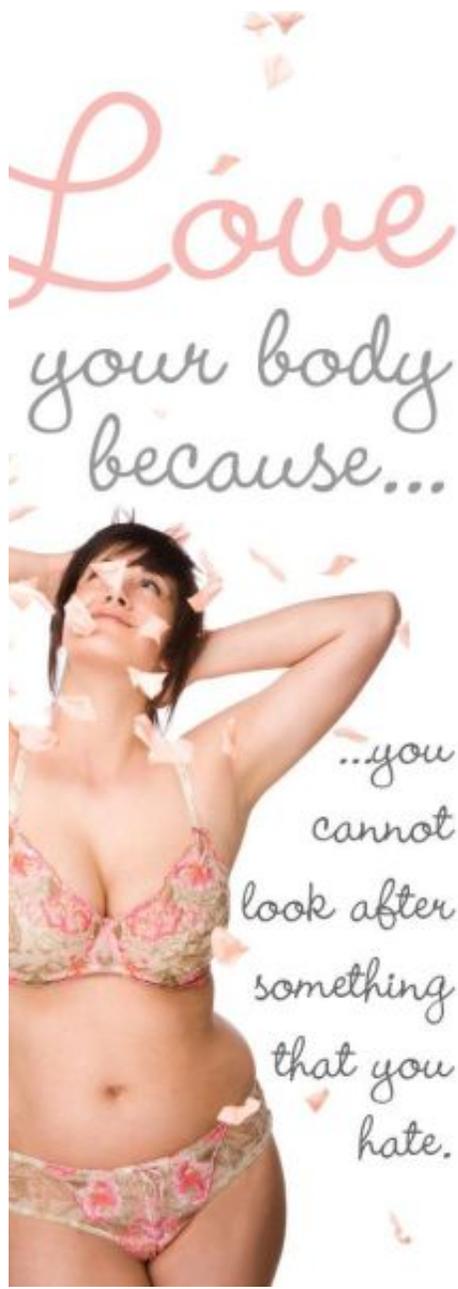
Thankful for my thighs? Darn tootin'. They're strong enough to keep me moving even while my knees are whining that I should've taken the elevator. Dudes, I'm sorry for all those years I wished you had a [thigh gap](http://en.wikipedia.org/wiki/Thigh_gap) ([http://en.wikipedia.org/wiki/Thigh\\_gap](http://en.wikipedia.org/wiki/Thigh_gap)), even though that wasn't even a thing yet. You were doing a great job being thighs and I didn't give you the credit you deserved.

## Feet

I'm super thankful that my toes are still cute, even though I spent years squeezing my wide width feet into regular width shoes. All it takes is a pedicure to make me feel gorgeous. My feet keep me walking with very little complaint. And living in a city means I do an awful lot of walking.

## Lips

I've never had a problem with my lips, but I've never appreciated them either. They're great for kissing my husband (and all the [frogs](http://quoteinvestigator.com/2013/06/05/kiss-frogs/) (<http://quoteinvestigator.com/2013/06/05/kiss-frogs/>) I had to kiss along the way). They look good in lipstick. They're a critical part of all the talking I do.



<http://abbeypost.com/blog/wp-content/uploads/2014/11/563704b6a595a039d9735b5ea90a9c55.jpg?9eab75>

## Arms

Like my thighs, I owe my arms an apology. It took me years to make peace with the flappy upper arms (<http://abbeypost.com/blog/great-flabby-arms-debate/>) I inherited from my grandmother. I never appreciated how good my arms really were at being arms until I hurt my shoulder last year and had to stop using that arm so much. My arms carry stuff (usually too much), and can

reach for stuff and carry a smashing handbag

(<http://abbeypost.com/blog/handbags-style-function/>). My arms deserve more gratitude than I can imagine.

## Hips

Any yoga teacher will tell you that balance is all in the hips. Not only do my hips carry me through yoga poses, but they start to ache when I've been sitting too long. Which reminds me to get up and move around, which is important for my whole body and mind. See? Balance.

Plus, my hips are great for dancing.

## The Whole Package

We all have complaints about our bodies, whether it's cosmetic or orthopedic. But none of us would give them up. Maybe trade them in for ones that worked a little better, but no one would rather be a head in a jar a la Futurama ([http://futurama.wikia.com/wiki/Heads\\_in\\_Jars](http://futurama.wikia.com/wiki/Heads_in_Jars)). We like our bodies. We just take them for granted sometimes.

And those hot flashes? Once the sweating is over, I'm thankful for the reminder that life is still full of surprises.

# Your turn to practice gratitude. What body parts are you thankful for, and why?

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