



What Are You Wearing?

By Dr. Linda Hancock

ABOUT THE AUTHOR

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It is interesting to note that individuals tend to dress in a way that reveals their personality and values.

The other day I met a gentleman who was wearing a Saskatchewan Roughrider cap. When I teased him by saying "You are a brave individual to wear that hat in public" he replied "Hope springs eternal". You see the football team has had a horrible year and at that point their statistics were nine losses and no wins. My friend showed both courage and loyalty in his choice of apparel! By the way, he was also wearing a University of Lethbridge jacket. Another show of support on his part!

Sometimes people choose designer clothing for their wardrobe. I'm not sure if they like it, believe it is made better or think that it is an important status symbol to dress in brand-names. Others choose wardrobes that communicate messages in print such as "Baby on board" or "Security". Still others wear items that were purchased at their favourite vacation spot or at a concert.

Often charities produce shirts in special colours with logos for their walkathons or fundraising events. Names on clothing might promote a sports team, business association or just the name of the person who is wearing the item.

Photos or words can be humourous or can carry a serious message. My older son, for example, is a computer "geek". He has a shirt with lights that flash in the same way as a computer that it "booting up". He thinks this is so cool because it announces to the world what he is passionate about...

Style of clothing can reveal a lot about a person. For example, I tend to wear dresses in the summer and pants in the winter because of our climate conditions. Those who purchase classic items can have a consistent look despite changes in style over time.

When we were young my aunt used to say "Dress for the job you want, not the one you already have". You see beliefs influence actions. The other day, when I was having my nails done, there was another customer who was wearing pajamas! I guess comfort was her primary goal.

Sometimes we have choices and sometimes we don't. I think it is sad when someone dresses in a provocative fashion thinking that they look attractive and not realizing that not all those around them agree!

Many agencies and businesses have a dress code and most parents also have expectations about what their teenagers should be wearing. Clothing that is too small or too large is not flattering. Colour also plays an important part in setting a mood and helping us look our best (or worst).

So, this week's homework is to think about how you dress and what message you are conveying to yourself and others. Do you feel good about what is hanging in the closet and on your body? If not, get rid of it and start focusing on who you really are and what you really want to communicate to the world.