

Dating Advice: Think of Your Mind, Body, & Food When Out On Dates



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert, Lynda Layng to offer their best [dating advice](#) that will help you improve your mental and physical health on the dating scene. Learn how you can better yourself and your future dates with these three dating tips. Follow this advice if you want to find the love of your life!

Dating Advice On What You Can Do For Your Mind, Body & Food

1. Change your thoughts. Use positive affirmation instead of fixating on negative thoughts. Even if you don't believe it, you'll eventually be affected by the praise you give yourself. Don't be afraid to be kind to yourself and say, "I'm beautiful. I'm grateful."

Related Link: [Dating Advice: What Do Men Want from Women?](#)

2. Lighten up. Try to let go of the image you have in your mind of what perfection is. And don't take everything so seriously or be hard on yourself. You don't want to make yourself feel bad with unrealistic expectations.

Related Link: [Single in Stilettos Show: What Turns a Man On](#)

3. Eat more real food. Get rid of processed food. You want to eat healthier, whole food that can expire. Eating processed food all the time will have adverse effects on your waistline and energy levels, so make little changes if you want to be healthier overall.

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