



Advice from the community



Be proud of yourself and everything about you, including your bald head, but.... cover it up when in the sun or when cold, and it's ok to hide if you need privacy or aren't up for having your uniqueness on display at that moment.

- Alana.

There is always someone worse off than you. You have people who love you and you can achieve anything you want. I remember as a little girl my prayers weren't for me but they were for people worse off. In the long run, it's devastating not having hair, but it's only hair.

-Claudia.

My advice to anyone living with Alopecia is to be open about it. The amount of people who have told me about their alopecia or a family member because I openly talking about my wigs, taking them off in front of people has amazed me. The more open you can be the more you will find yourself comfortable with your own hair situation and inspire others to open up.

-Corinne.

My advice for living with alopecia is to never hide, you will only hurt yourself by pretending you're something you're not, I'm not saying don't wear wigs. Do what makes you comfortable, but don't be ashamed or embarrassed, genuine people will be kind and the others don't matter.

- Chloe.

Acceptance is key to have a fulfilling, happy and beautiful life.

Acceptance is gained differently for different individuals. Some learn peace through yoga and meditation, some need friends and family support, and others may benefit from counseling.

Once I accepted this as a medical condition and I accepted my appearance without shame, I could move forward.

- Linda.

Practice kindness to yourself, celebrate your differences and uniqueness. Surround yourself a positive, inclusive and supportive community. Acknowledge feelings, don't try to hide from them. You are beautiful, you are strong and you've got this.

- Zoe.

Do what you feel is right for you and believe in yourself .

- Airlee

Be Bold,
Be Bald,
We are all different and that is beautiful .
Please accept yourself and remember your awesomeness regardless. Learn to love yourself and follow your dreams. Smile and be happy.

- Pauline.

Wake up each morning and know that you are beautiful with or without hair.

-Sienna

Own it, take the power from anyone who tries to put you down, because bald is beautiful.

-Kyla

Smile at everyone you meet, then you will always be beautiful

-Michelle

Improve what you can change and learn to accept what you can't You only live once, make the most of it!

-Anne.

My advice would be to learn to love yourself as you are and to talk about how you are feeling. It may take time to come to terms with your alopecia and some days you might feel sorry for yourself, but that's ok. Remember your hair loss does not dictate how you can approach life. Breathe, relax and share in all the beauty around you.

-Bridgette.

