



Dance as a Tool Against Self- Stigmatization





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Introduction



Introduction

📌 *Self-stigmatization happens when we absorb society's negative labels and turn them against ourselves. Dance, especially hip-hop, has been my way of breaking free from those limits. Today, I'll show you how movement can transform self-perception and help others embrace themselves fully.*

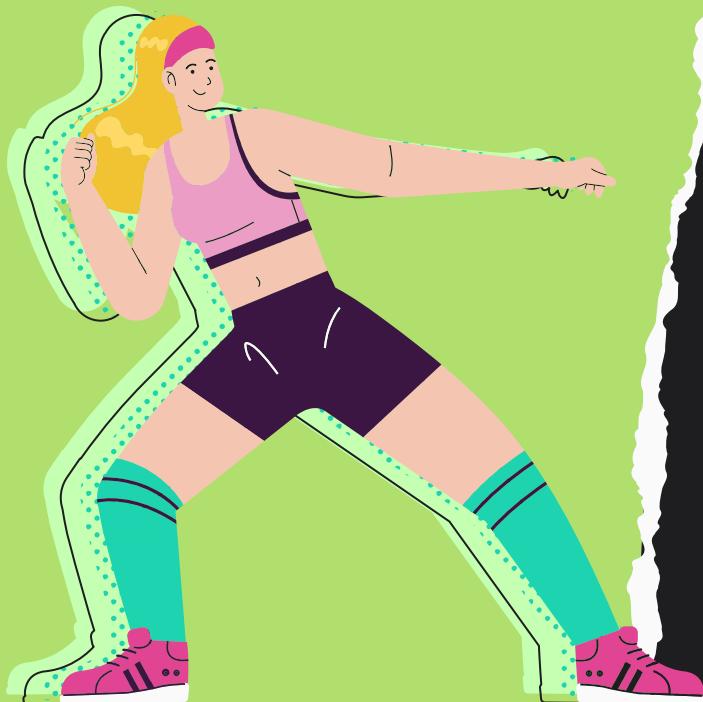
Who am I?





“If music is food for the soul,
then dance is food for both
the soul and the body.”

— Kole Petkukjeski

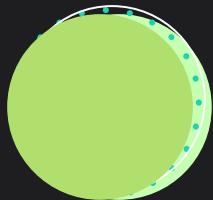


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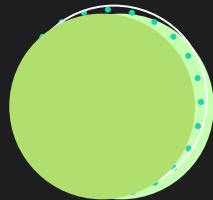
Psychological and Social Benefits of Dance



Dance as a universal language



Transcends cultural and linguistic barriers

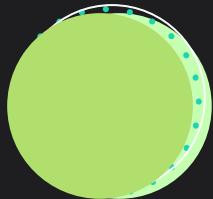


Facilitates emotional expression

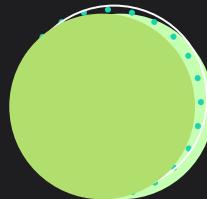




Psychological benefits of dance



Reduces stress and anxiety

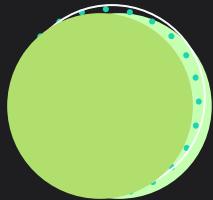


Improves cognitive function and memory



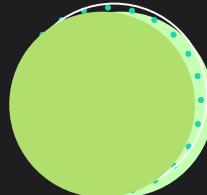


Social aspects of dance



Builds community and social connections

Creates a sense of belonging



Dance and Mental Health

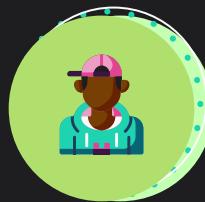


Impact on depression and anxiety

Decreases symptoms of depression
and anxiety

Enhancing self-esteem
and body image

Boosts self-confidence through skill
development



Dance Movement Therapy

A psychotherapeutic approach that uses
body movement and dance to promote
emotional, mental, and physical well-being



03

Personal Experiences



My Experience

My Journey as a
hip-hop dancer



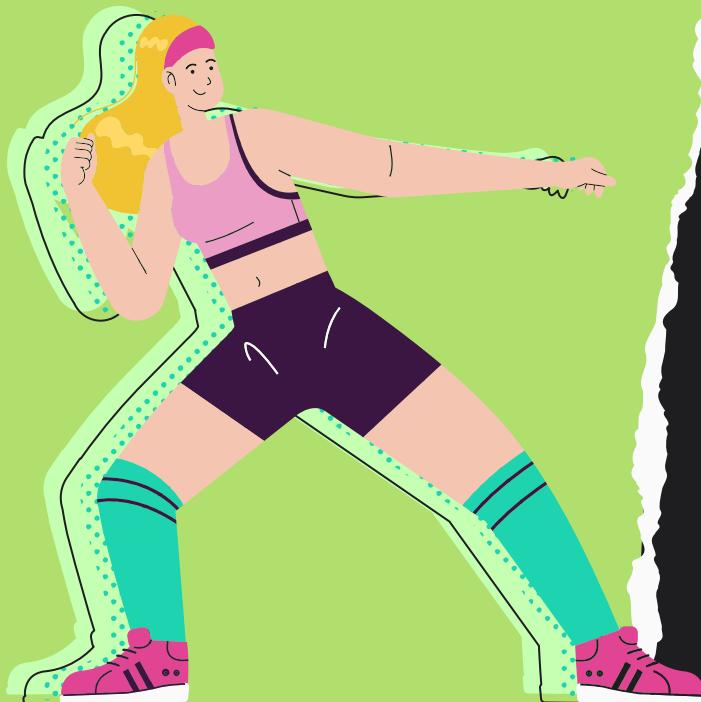
Observation

Different age
groups



Transformation





04

Practical Application

Practical Application



Inclusive dance
spaces



Dance as self -
representation



Strategies

Teaching
methods



Dance
Programs



Conclusion





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Thanks!

Do you have any questions?

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