

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 sould and the body.”

— Kole Petkukjeski



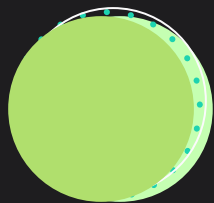
02

Psychological and Social Benefits of Dance



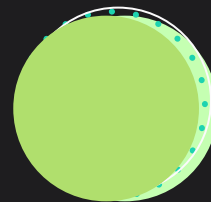


Dance as a universal language



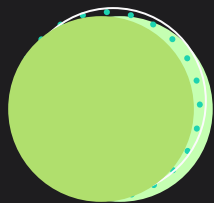
Transcends cultural and linguistic barriers

Facilitates emotional expression



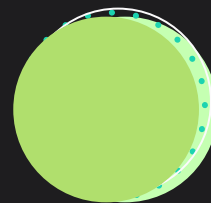


Psychological benefits of dance



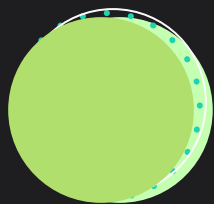
Reduces stress and anxiety

Improves cognitive function and memory



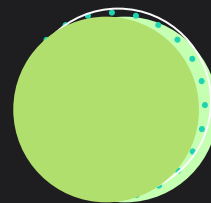


Social aspects of dance



Builds community and social connections

Creates a sense of belonging





Dance and Mental Health

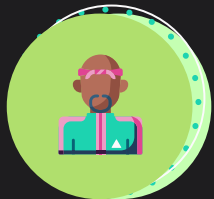
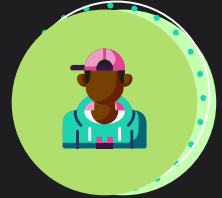


Impact on depression and anxiety

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

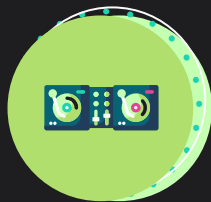
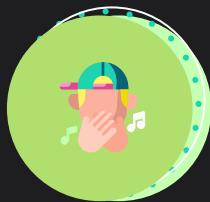
Personal
Experiences





My Experience

My Journey as a
hip-hop dancer



Observation

Different age
groups



Transformation





04

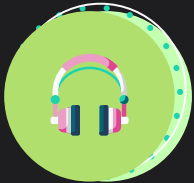
Practical
Application



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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