

Dear ,

Last weekend I went outside to cover up our lemon tree here in our Italian home. The nights had been getting colder, and I didn't want the frost to damage it. I had the jute fabric with me and was ready to wrap it the way I always do this time of year, but when I got closer, I saw something I didn't expect: tiny blossoms.

Now I don't know anything about lemon trees so I googled and apparently it's not so abnormal. But I stood there with the jute fabric in my hands, hesitating. Because it didn't really make sense to me to cover up a tree that is still blooming. But it's getting colder. Dilemma at hand.

## When you instinctively reach for cover

We all do these small tasks in winter, right? We go outside, we check what might need protection, and we prepare for the colder nights.

After all, fall and winter are seasons that invite retreat. It's the season of layers, of hunkering down somewhat. So it's only normal to start shrinking our presence as well. It's somewhat automatic, and once it's a habit, you often don't question it anymore.

## If you yourself tend to hide when it gets colder

Did you notice you cover yourself as well? Literally and figuratively. The way you speak about your body for example. And postponing everything until spring: from the cleaning to the "bikini body". Have you ever wondered whether that is something you want for yourself, or whether it is something dictated by society?

## The habit of hiding comes fast

And it's not neutral. It shapes how you see yourself. And most of the time, it isn't helping you at all. It's just familiar.

That lemon tree blooming in November was a reminder for me that "familiar" and "necessary" are not the same thing.

## Why this matters in my lifestyle boudoir photography

Lifestyle boudoir sessions often bring this pattern to the surface. Many people think they need ideal conditions before even considering it: a stretch of confidence, a version of their body they like more, or simply a feeling that they are “ready”.

But none of that is required. What actually makes a session meaningful is the moment you stop treating yourself like something that needs to be covered until further notice. When you stop acting like wintertime is coming.

## Something to consider this month

A bit of homework for you 😊

Pick one everyday situation where you avoid being seen: avoiding the mirror, choosing the “safer” outfit, hiding your stomach with your arms, anything like that.

When it happens, stop for a second to check whether you truly needed protection or whether it was automatic.

That single question, when revisited every day, is usually a good practice to start interrupting the automatic pattern.

If you want support with that, my [Confidence tips](#) guide is a good place to start.

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What **caught my eye** on social media this month.

I like this reminder that there's no single pace we're supposed to follow. Most of the pressure we feel comes from comparing ourselves to timelines that were never ours to begin with. It's just society telling you to hurry, but you really don't need to.



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**My month in 3 images**



As always, thank you for being a part of my journey.  
Embrace your unique beauty, and let's continue to celebrate ourselves together.

*Caroline*



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**Caroline Nijs Photography**

Bahnweg 3, 8862 Schübelbach, Switzerland

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