

So you're 40 and single again.... Maybe it's it been years since your last first date or your biological clock is ticking, or maybe meeting and dating someone romantically just seems too complicated and overwhelming, especially after the long hiatus of the pandemic. Wherever you are in your dating life, a good place to start thinking about dating again is to take a good hard look at all the myths about dating after 40 that might be getting in your way.

Let's start with looking at who's really out there for you: despite rumours to the contrary, more adults than ever before are divorced or choosing to stay unmarried longer, and the population of single adults is the largest in history. So no matter your age, previous marital status or sexual preference, there are currently lots of singles looking for many different kinds of dating relationships. And because of the Covid 19 effect, where many singles have been isolated and haven't been able to meet or socialize in person for more than a year, more singles than ever are eager to get themselves out there and meet someone.

But what about the over 40 libido? Are older singles still feeling sexy and hoping for great sex in a relationship? There's more good news there. Research shows that 53% to 79% of older adults are sexually active, and age and menopause are significantly unrelated to overall sexual satisfaction. Even most sexually active adults over 60 have satisfactory sex, according to studies. And there's more! Your age is your best asset for success in sexual and romantic relationships, because you have the confidence and self-knowledge earned through experience. You know what you want and what you don't want. And you feel more comfortable telling others what you're looking for.

But what about feeling sexy and confident as we age?

It's no surprise to anyone that people who start dating after a divorce feel the greatest anxiety about their bodies...for men, typically about how their performance stacks up against younger men or their younger self, and for women, how their bodies look overall. Especially if they've had children. Being naked with someone new is a significant step in any dating relationship

and even more so when your body isn't what it was when you were 19. Is anyone's? But as I said before, what is so much better is your physical experience of your sexuality and your sexual expression... you know what feels good, what you like, what turns you on and absolutely what turns you off. Feeling good about yourself and feeling sexy, doesn't start with the condition of your body or your quality of performance in sex...it starts with self-esteem and self-confidence, honesty and authenticity: If you are a sexual being, you are sexy.

Here are a few quick tips to help you feel sexy, think sexy and be sexy...

Buy a new outfit or get a new hair style. Sometimes a simple change up can make us feel more confident. A new or bold outfit choice is always a great idea. Try on something sexy, or step outside your comfort zone. Choose something you may not have worn before and feel empowered by it. Tell yourself that you are beautiful!

Another great tip:

Look at yourself naked in the mirror. Really spend time to study your body. It really is a thing of beauty. If this is uncomfortable for you....go slow. The goals of this exercise are

1. To increase the degree of acceptance of the entire body
2. Increase the degree of comfort with nudity
3. Identify positive aspects of your body
4. Build a positive body image that results in a reduction of sexual inhibitions
5. And to attain and maintain physiological excitement response during sexual intercourse.

Lastly, embrace your sexual fantasies. What sexual experience do you think about, what do you want to try? BDSM, kink, perhaps even a threesome. Sexual fantasy often gets a bad rap. You can fantasize about eating a delicious meal, winning the lottery or losing weight...but sexual fantasy? C'mon you shouldn't be doing that. Right? WRONG. A sexual

fantasy is any thought that gives us pleasure. Fantasizing is our brains way of projecting a future scenario and trying ideas on for size. It's a way of deriving comfort or pleasure from an alternative reality or just reliving a wonderful moment. Remember...It is absolutely healthy and normal to have a vivid imagination...even a sexual one.

Remember: the you that's getting ready to meet someone special for a new relationship is a more experienced you, a more authentic you, a more self-assured you...the best you yet! Now get out there and enjoy!

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