Strut of Pride

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We’ve all been there, but here’s how to turn your dreaded walk of shame into a strut of pride—full of swagger and confidence.

You’ve seen them walking down the street in the wee hours of the morning with the messy hair, shades on and clearly wearing last night’s outfit. They are the walk-of-shamers.

Even though it’s easy to stare and snicker at them, admit it—you can’t help but feel a twinge of jealousy, especially if you are up that early actually being responsible. The good and bad news is that at one point or another, whether guy or girl, you are bound to be one of them. If you have been or ever are, it’s time to put away the shame and take a cue from the Dos Equis man: he doesn’t always do the walk of shame, but when he does it’s the strut of pride. After all, you just got laid or at least had a juicy hookup, amirite? Well, now you can bask in the glow of it.

TAKE IT IN STRIDE

Take the long way home and use the main streets; avoid back alley ways and shortcuts, not that they are ever a good idea anyway. It may feel like a requirement to stare at the ground and slump over but in reality it’s not. Instead, keep your shoulders back and your head held high. Make sure to smile and maybe even wink. Although, if it was a great hookup, you are probably already grinning ear-to-ear anyway.

If you see someone you know, whether it’s the guy in your group project, your English professor or your best friend, play it cool. The less awkward you are the more he won’t think much of it anyway.

Do whatever makes you feel the best walking home. As a girl, if you have blisters from walking in four-inch heels, then walk barefoot, shoes in hand. For guys, if you wore a button-down but it’s suffocating now, unbutton a few more than usual and make sure to show off that chest hair. The more comfortable you are, the more confident you will look and feel. If your walk looks anything like Peter Parker’s in “Spider Man 3”, you’re doing it right.

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If this pep talk wasn’t enough, then these tips will help you in any situation.

Situation A: It’s Friday and maybe you’re not expecting to find the love of your life on Welch, but rather the one that will do for the night. Since you know ahead of time, take a few minutes to prepare before heading out.

- Wear a purse or backpack out that is big enough to carry all of your belongings.
- If you are bringing alcohol out with you, make sure the bottle or beers will fit in your bag so you can safely hide it in the morning—carrying Hawkeye at 6:00 a.m. is a little obvious.
- Since you probably won’t get much sleep, grab some shades to cover up any bags under your eyes. Added bonus: they make you look like a badass.
- Stuff a pair of leggings or gym shorts in your bag to change into in the morning—they are comfortable and light.
- Carry a pack of eye makeup remover pads to get rid of raccoon eyes.
- Bring a hair tie and a small brush for an easy fix to messy hair or rock it like you’re Ke$ha.
- Grab some cover-up, a scarf or bow tie to mask any possible hickeys.

Situation B: You went out with no intention of going home with someone, but when you wake up you look up at the unfamiliar ceiling and realize that you are not in your own bed. Even though you weren’t prepared, we have you covered. Here a few quick fixes to get you through your ten minute trek back to your dorm or apartment.

- If you had a good night and aren’t trying to escape right away, ask your hookup to give you a few things to freshen up a little.
- Check to see if he or she has a hair tie or at least a rubber band to put your messy hair up.
- Women, if last night’s cute dress feels too tight and sparkly for 7:00 a.m., then ask to borrow some clothes. A man’s dress shirt always looks hot.
- Wash any smudged mascara or lipstick marks off with some tissue, a little soap and water.
- Leave your one-night-stand wanting more, then embark on your strut of pride in style.