

TIPS TO BE

BodyKind



Speak to your body in a way that is kind. Extend this to other bodies too.



Eat for fun and to nourish your body and mind.



Listen to your body. What does it need; Food, movement, rest, kindness?



Make fewer body and appearance comparisons.



Move your body in ways you enjoy.



Practice self-compassion. Give yourself a break. No body is perfect.



Stop the body bullying. Online. Face to face.



Respect the differences in your body and others.



Celebrate what your body is and can do.

IN A WORLD WHERE WE CAN BE ANYTHING, BE BODY *Kind* IT STARTS WITH YOU!



ARE YOU OR SOMEONE YOU KNOW STRUGGLING WITH BODY IMAGE?

You are not alone. Talking helps; is there a trusted friend, adult or teacher you can talk to? Not sure where to start or what to say? Our trained counsellors on the Butterfly National Helpline can support you www.butterflynationalhelpline.org.au



Butterfly

BUTTERFLY.ORG.AU