

HOW TO BE BodyKind



Be *Kind* to your body by showing it
some compassion.
Your feelings are valid. You are human.

Give yourself and your body a break.
No body is perfect. And that is OK.



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



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