

HOW TO BE BodyKind



Fuel and nourish your body.
Eat regularly throughout the day and
enjoy a range of nutritious and fun foods.
This will help sustain your energy and
support a positive mood so you can live
your best life!



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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