

Being Body Kind starts with you!

Supporting you and your body image.

Just like your teenager, the way you feel about your body is a reflection of many influences – the experiences you've had, the people in your life and societal appearance ideals to name a few!

Most adults, especially women, experience negative thoughts about the way their body looks or functions from time to time. Being a positive role model doesn't mean you have to have it all worked out. However, striving to heal your relationship with your body and being more accepting and compassionate towards your body is a really positive step not only for yourself, but your family.

Included in Body Kind Families are 4 videos to help foster a greater appreciation and acceptance of your own body. These videos were produced for educators as part of Butterfly's Body Bright Program for primary schools. However, the content within these videos are suitable for all adults.

Each video is approximately 10 minutes in length:

1. [Introduction to self-compassion.](#) The aim of this video is to broaden your understanding of self-compassion.
2. [Strengthening your self-compassion skills.](#) The aim of this video is to strengthen your own self-compassions skills and use them to respond to negative body image thoughts and feelings (your own and others).
3. [The trap of body appearance ideals.](#) The aim of this video is to look at how our beliefs about body shape, appearance and health status underpin body image distress.
4. [What is body appreciation and why does it matter?](#) The aim of this video is to explore how self-compassion and body appreciation can work together to relieve body image concerns. It includes a guided body appreciation experience.



You are more than how you look. Your body doesn't determine your worth. Your body has done so many amazing things. Now is the time to Be Body Kind.

Resources

The Dove Self Esteem Project's Confidence Kit includes information on body acceptance. You can find out more [here](#).

30 Days of Being Body Kind encourages you and your family to practice daily acts of body kindness and appreciation. You can find out more [here](#).

Concerned about someone?

Butterfly's free and confidential National Helpline can support you.

Phone Email Webchat
1800 33 4673 (1800 EDHOPE)
www.butterflynationalhelpline.org.au