

# The Body *Kind* Journal

**What does it mean to be Body *Kind*? It's about being kind to your body in the way you move, nourish, nurture and talk to it.**

Our world can send us messages that make it harder to be kind to our bodies, that's why finding ways to show our bodies care and respect is so important. Butterfly has created this **Body *Kind* Journal** — to help you practice being **Body *Kind*** to your body each and every day.

**This journal belongs to:**

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**My Body *Kind* pledge:**

(Fill this in when you have completed page 11 of the Body *Kind* Journal)

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# Body *Kind* Body Talk

## The way you speak to your body matters!

We all have an inner bully and an inner best mate. Our inner bully might say things like, 'you aren't good enough' or 'everyone is looking at you'. Our inner best mate says, 'you are enough just as you are' and 'don't worry, no one is judging you'.

Our inner bully can criticise anything and everything whereas our inner best mate builds us up and focuses on the positives.

It can be tough when your inner bully is speaking. One thing you can do is to channel your inner best mate to say something kind instead.

### Body *Kind* Affirmations

An affirmation is a phrase that we say to ourselves over and over again. Affirmations can help us to challenge our negative self and body talk and change the way we see ourselves. Saying a positive phrase to ourselves repeatedly actually builds our confidence — fact!

Here are some **Body *Kind*** affirmations that our Butterfly Foundation community came up with!

My body can be strong, my body can be soft, my body is my own.

Talking kindly to and about my body helps me to be **Body *Kind***.

I might not always be able to love my body, but I can learn to be kind to it.

There are many amazing things my body can do — I am so much more than how I look.

I give my body permission to change, develop and grow.



Highlight any affirmations that resonate with you

Can you come up with some of your own?

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.....



Imagine you are speaking to your best mate. What would you say to them if you heard them saying mean things about their body/appearance?

# Self-Kindness

Appreciating yourself for more than how you look is being *Body Kind*.

Self-kindness affirmations are a great tool to help remind you about all the things you are:

You are generous and kind.

You always try your best.

You are a great friend.

You are braver than you think.



Highlight any affirmations that resonate with you

Can you come up with some of your own?

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Imagine you are speaking to your best mate. What would you say to them if you heard them saying mean things about themselves?



## ACTIVITY



Pick one or two affirmations that worked for you, put a note in your phone or write them down on a piece of paper or a sticky note.

Keep these affirmations somewhere where you will see them often to remind yourself to be kind to your body and yourself. You might even like to create a screensaver for your device!

# The Comparison Trap

## Focus on all that you have instead of what you don't!

Have you ever found yourself looking at someone and thinking, 'I wish I had their hair'. Maybe you wished you had their height, muscles or eye colour. If you've ever found yourself wanting or wishing for something someone else has, then you have been caught in the comparison trap. It's a human thing to compare yourself to others, and it's ok to want something you don't have but comparing often, is not helpful or **Body Kind** when it's about our body.

It can lead to feelings of jealousy, fuel insecurity and affect your self and body confidence. Good news, there are some tricks to help you compare less! One of them is to practice gratitude and to focus on your own talents and qualities.

What are some of your features that you are grateful for?

Here are some examples:

I am grateful for my eyes because they allow me to watch my favourite TV show.

I am grateful for my arms because they help me to play footy.

I am grateful for my taste buds because they help me to enjoy delicious pizza.

Now you try:

1

I am grateful for

because

2

I am grateful for

because

Another way to get out of the comparison trap is to focus on your talents and inner qualities.

### What are some of your talents and qualities?

An example:

A quality I have is that people can be themselves around me.



1

A talent I have is

.....

.....

2

A quality I have is

.....

.....

**Tips to  
avoid falling  
into the  
comparison trap**



Become aware of the things that might start you comparing.

Gently tell your inner bully to 'stop' or try as best you can to shut it out or slow it down..

Speak to yourself kindly by calling upon your inner best mate.

Distract yourself, scroll faster, take a break, or remove yourself from the situation.

Develop or use your **Body Kind** affirmations (see page 2).

Social media has made it even easier for us to compare ourselves to everyone, anywhere, anytime.

**Social media has made it even easier for us to compare ourselves to everyone, anywhere, anytime.**

Try these tips to be more **Body Kind** when using social media.

Notice and tune in to how you feel when using social media.

If you can, take some breaks from socials.

Follow pages/people/accounts that make you feel good!  
Unfollow/mute those that don't.

Try to post as authentically as you can and reduce the amount of retouching you do to your own photos.

Stay savvy and remember that what you see may not always be!

Follow accounts of people with different experiences, talents, body shapes, cultural backgrounds and abilities.

# Self-Care

## Self-care is showing your body and mind kindness

An important part of being **Body Kind** is practicing self-care. There are self-care basics we all need to do; eating nourishing foods, showering, laughing and getting enough sleep, all help our mind and body to feel good. Self-care can be just as unique as you are!

**Answer the prompts below to discover the self-care activities that work for you.**

1

What helps you feel calm?

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2

What helps you feel inspired?

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3

What brings you joy?

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4

What helps you feel rejuvenated?

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5

What helps you feel supported?

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There are many ways to demonstrate self-care, helping us to be **Body Kind**. Helping others be **Body Kind** too, helps us feel connected and good about ourselves. It would be great to make self-care activities an important part of every day, but sometimes it's easy to forget to do.



Fill out the planner below as a reminder to prioritise self-care activities each and every day.

For example:

dancing

listening or playing music

drawing

breathing deeply

sitting outdoors

visiting a friend

gentle stretching

mindfulness

writing

### A weekly self-care plan

DAY	A self-care activity for your mind	Self-care activity for your body	A small action to help someone else
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Move

## Move your body in ways that you enjoy!

We were made to move our bodies – and when we do, it can feel amazing, benefitting both our physical and mental health. Moving your body in ways that you like and are enjoyable helps you to be **Body Kind**.

Here are some tips to move well and be *Body Kind*

Move regularly in ways you enjoy.

Think about all the amazing things movement is doing for your body; your heart, lungs, bones, muscles and mind.

Avoid rules around movement. Having a routine is great but rigid schedules may not be so helpful.

Listen to your body cues. Does it need to move, slow down or rest?

Be mindful of who and where you are getting your information from. What works for one person, may not be helpful for someone else. Every body is different.

Ensure your body has adequate fuel and water so you have enough energy!

# Move

Finding a physical activity which you enjoy is one of the best ways to be **Body Kind**.

What are some of your favourite ways to move?

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.....  
.....

### Movement affirmations

I move my body for pleasure, not punishment.

.....

I focus on how I feel, not what I look like.

.....

I move because I want to care for my mind and body.

.....

I move in my own way



Highlight any affirmations that resonate with you

Can you come up with some of your own?

.....  
.....  
.....



Sharing movement with the people you care about is a great way to feel good in your body and mind. Create a plan to go for a walk, take a stretch or have a swim with a friend.

Who would you like to do this with and when?

.....

# Nourish

## Eat for nourishment, fuel and fun!

An important part of being **Body Kind** is listening to your body and giving it the nourishment it needs to function at its best. We can do this by eating regularly from a wide variety of foods, listening to our hunger and full cues and giving ourselves permission to eat all foods.

Here are some tips to  
nourish your body in  
ways that are *Body Kind*

Eat often throughout the day.

Every body has a different energy requirement, listen to what your own body needs.

Enjoy a variety of foods from all food groups.

Be flexible and spontaneous, eating should be fun too.

Eat mindfully using all your senses.

Listen to your body's cues around hunger and fullness.

With these tips in mind, what is one thing you would like to focus on to be more *Body Kind* and nourish your body?



**Example:**

**I intend to give myself permission to eat a variety of different foods.**

**I intend to listen to my body's signal and eat when I'm hungry.**

**My nourishment intention:**

**I intend to**

**I intend to**

If you feel your relationship with eating might need help, that's ok.

**Support is available, details on the next page!**

## Reach out for support

# Congratulations on finishing your *Body Kind* Journal!

The very last thing left to do is decide on your *Body Kind* Pledge.

This pledge is your unique commitment to yourself and outlines how you will be **Body Kind** in the future.

Here a few examples of what a *Body Kind* pledge might sounds like:

I pledge to speak to my body as if I were speaking to my best friend.

I pledge to move my body for the joy of it.

I pledge to listen to my body when it speaks to me.

I pledge to fuel my body with regular, balanced meals so that I can play the sports I love.

### What will your pledge be?

There is a space on the front cover of your journal to write your pledge.

#### IT'S OK TO SAY YOU DON'T FEEL OK

If you or someone you know is struggling with body image, you are not alone.

Talking to a trusted friend, adult or teacher can help. If you are not sure where to start our trained counsellors on Butterfly's free and confidential National Helpline can support you.

#### Butterfly National Helpline

Call, email or webchat

7 days, 8am – midnight (AEST)

[butterfly.org.au/helpline](https://butterfly.org.au/helpline)

**T: 1800 334637 E: [support@butterfly.org.au](mailto:support@butterfly.org.au)**

You can also contact Kids Helpline

[kidshelpline.com.au/teens](https://kidshelpline.com.au/teens)



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