NOT FEELING SO GOOD IN YOUR BODY?

YOU ARE NOT ALONE
Most people struggle from time to time

DO NICE STUFF
Get active, create something, hang with positive people

STOP COMPARING YOURSELF TO OTHERS
Healthy comes in all shapes and sizes

CHALLENGE NEGATIVE THOUGHTS
Talk to yourself like a true BFF

SHARE HOW YOU’RE FEELING
Talking really can help

NOT FEELING SO GOOD IN YOUR BODY?

LOVING YOUR BODY ISN’T ALWAYS EASY. IF YOU’RE STRUGGLING WITH YOUR BODY IMAGE PLEASE CHAT WITH SOMEONE (A TRUSTED ADULT, FRIEND, TEACHER) OR CALL THE BUTTERFLY NATIONAL HELPLINE ON 1800 33 4673.

#LOVEYOURBODYWEEK