

*The Stranger that Called*



EARLY INTERVENTION  
FOR EATING DISORDERS

**AUTUMN  
TERM 2023**

**School edition**

**EARLY  
INTERVENTION  
EATING  
DISORDER  
WORKSHOP**



[WWW.MUSCLEMINDWELLNESS.CO.UK](http://WWW.MUSCLEMINDWELLNESS.CO.UK)

# CONTENT

- 01** INTRODUCTION TO COURSE
- 02** DISORDERED EATING OR HEALTHY EATING?
- 03** BODY IMAGE
- 04** SOCIAL MEDIA
- 05** PEER PRESSURE
- 06** OBSESSIVE EXERCISE OR HEALTHY EXERCISE?

# INTRODUCTION TO COURSE 01

## **1. Introductions**

- *Break the ice games to introduce one another*
- *Discuss eating disorders and the different taboos*

## **2. Slideshow**

- *Slideshow to show different types of eating disorders*
- *Symptoms, warning signs and conditions*
- *What is “The Stranger That Called” workshop and what will you gain out of it at the end of the 6 weeks.*

## **3. Information sheets**

- *Information sheets to learn more about individual eating disorders*
- *Discuss the different types of eating disorders*
- *Design and make goal setting island*

## **4. Task for the week**

- *Fill in Daily focus planner each day*
- *Create and start writing a journal*

## **5. Quiz and final discussions**

- *Discuss homework for next week*
- *Group par take in “Quiz of the day”*

# OBSESSIVE EATING OR EATING HEALTHY

# 02

## **1. Recap of week 1**

- *Go through any questions from the week before*
- *Discuss homework from the week before and how they found it*
- *Discuss how their week has been since the last session*
- *Open discussion about difficulties they may of had*

## **2. What is healthy eating/ disordered eating**

- *Discuss the eatwell guide, including macronutrients, micronutrients, calories etc, discuss as group.*
- *Complete thought process around food worksheet*
- *Complete cycle of life and what a unhealthy cycle of life can look like?*
- *Group exercise on fear food challenge coping technique.*

## **3. Task of the week**

- *Complete me and my eating disorder worksheet before next session*
- *Create a fear food jar*
- *Create green, amber and red food lists for next session.*

## **4. Quiz and final discussions**

- *Discuss homework for next week*
- *Group par take in “Quiz of the day”*

# BODY IMAGE 03

## **1. Recap of week 2**

- *Go through any questions from the week before*
- *Discuss homework from the week before and how they found it*
- *How their week has been since the last session*
- *Open discussion about difficulties they may of had*

## **2. Body image**

- *Discuss “What is body dysmorphia”*
- *Complete my body worksheet*
- *Take part in the 'string' coping strategy exercise*
- *Discuss the exercise and their findings and complete recognising the thought sheet*

## **3. Task of the week**

- *Talk through the cooling down thoughts worksheet*
- *To create a body positivity mood board for our next session*
- *To have an amber food out of your food jar and using cooling down thoughts sheet*

## **4. Quiz and final discussions**

- *Discuss homework for next week*
- *Group par take in “Quiz of the day”*

# SOCIAL MEDIA 04

## **1. Recap of week 3**

- *Go through any questions from the week before*
- *Discuss homework from the week before and how they found it*
- *How their week has been since the last session*
- *Open discussion about difficulties they may of had*

## **2. Social media and me**

- *Discuss the different social platforms using the emoji game*
- *Complete social media and me worksheet*
- *Discuss celebrities on social media and talk through own mood board*
- *Discuss who they follow on social media and how it makes them feel?*

## **3. Task of the week**

- *To write a blog to discuss one of their biggest triggers and coping strategies*
- *To eat an amber food out of your fear food jar before next session*

## **4. Quiz and final discussions**

- *Discuss homework for next week*
- *Group par take in “Quiz of the day”*

# PEER PRESSURE 05

## **1. Recap of week 4**

- *Go through any questions you had from the week before*
- *Discuss homework from the week before and how they found it*
- *How their week has been since the last session*
- *Open discussion about difficulties they may of had*

## **2. Peer pressure- What types?**

- *What types of peer pressures are there?*
- *Work through the problem solving technique and write out how you can get the solution*
- *Compare problem solving and cooling down bad thoughts strategy*

## **3. Anxiety and coping strategies**

- *Discuss what anxiety can look like?*
- *Coping strategies: Positive and Negative strategies*
- *Discuss anxiety hierarchy worksheet*
- *As a group work through the distraction technique*

## **4. Task of the week**

- *Before next session fill in and work through a thought process using the anxiety hierarchy worksheet*
- *To complete the 5 steps to reconnecting with exercise worksheet*
- *To eat a red food out of your fear food jar before next session.*

## **5. Quiz and final discussions**

- *Discuss homework for next week*
- *Group par take in “Quiz of the day”*

# OBSESSIVE EXERCISE OR HEALTHY EXERCISE

# 06

## **1. Recap of week 5**

- *Go through any questions from the week before*
- *Discuss homework from the week before and how they found it*
- *How their week has been since the last session*
- *Open discussion about difficulties they may of had, how did they get on with the fear food jar?*

## **2. What is exercise?**

- *What is a healthy amount of exercise?*
- *What is obsessive exercise look like? (Group activity)*
- *Discuss what sport and exercise was before the eating disorder*
- *Complete 5 steps to reconnecting with exercise worksheet*
- *Discuss sports people and their eating disorders*

## **3. Exercise for mental health**

- *How does exercise help with our mental health*
- *To fill in the hormone/ benefits of exercise sheet*

## **4. Recap of the workshop**

- *Open discussion about todays lessons and if anyone has any questions or discussions from what we have learnt?*
- *Discuss the whole workshop and what they have achieved, recap on worksheets we did at the beginning.*
- *Hand out “Just don’t quit” poem and discuss their new formed toolkit.*



# CONTACT INFORMATION

---



07990665947



EMMAPT@MUSCLEMINDWELLNESS.CO.UK



WWW.MUSCLEMINDWELLNESS.CO.UK