

Healthy Plate for a Healthy Mind

Eani | Kozani | Greece

23-30/10/2025



Workshop description

Title:	The „Perfect Body”
Team Members:	4
Target group:	High School students
Topic addressed:	Eating disorders, body image, and media influence
Aim/Learning outcome:	To encourage young people to question the unrealistic standards of body image promoted through social media and to promote awareness and understanding of eating disorders as mental health conditions. Participants will learn to recognize harmful self-talk and practice transforming it into positive, compassionate self-messages that support healthy lifestyle and mental wellbeing.
Objectives:	● Raise awareness of how social media influence body image. ● Introduce different types of eating disorders (anorexia, bulimia, binge-eating, orthorexia). ● Help participants identify and challenge negative thoughts about food and their bodies. ● Encourage healthier lifestyle, emotional openness, and self-acceptance. ● Provide a safe space for reflection and discussion about self-worth and health.
Methods:	Non formal education, brain storming & visual stimulation, group discussion, individual work, guided sharing & group reflection



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Materials needed:	3–4 printed or projected images (projector if possible), around 100 sticky notes or small papers, 15 pens and 1/2 markers, board or flipchart, chairs, one small ball
Step by step instruction:	1. Introduction & visuals: Welcome the participants and introduce the session. Explain that today's workshop is about how social media influences the way we see our bodies and how different mental health issues can emerge because of unrealistic beauty standards. Show 3–4 photos (for example, influencer posts, heavily edited fitness pictures, or unrealistic “before and after” transformations). As each picture is shown, pass a soft ball around and the person who catches it answers one of the following questions: • “What’s the first thing you notice?”, • “How do you think this person wants us to see them?”, • “What kind of comments would appear under this post?”, • “How do you think someone might feel scrolling through posts like this?” After all photos, highlight the main idea: social media often sells us a version of perfection that doesn't really exist, and constantly seeing it can make us feel we're not enough, even when we are. 2. Discussion: “Let’s talk about eating disorders” Transition by saying that behind many of those perfect-looking photos, there are often real struggles that we don't see. Explain that eating disorders are not lifestyle choices or diets, but serious mental health conditions that affect how people think, feel, and behave around food and body image. Emphasize that they can happen to anyone, regardless of gender or body type. Briefly describe the main types: • Anorexia nervosa: Extreme restriction of food and fear of gaining weight. • Bulimia nervosa: Periods of overeating followed by purging, fasting, or over-exercising. • Binge-Eating Disorder: Eating large amounts of food followed by guilt or loss of control.



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- **Orthorexia:** An unhealthy obsession with “clean” or “healthy” eating.

Then, ask the group a short reflection question: “Why do you think social media makes it so easy to fall into these unhealthy patterns?” Allow a few participants to share their thoughts before moving to the main activity.

3. Main activity: “Negative to Positive”

Hand out sticky notes or small pieces of paper and pens to all participants. Explain that we all have that little voice in our head that sometimes says harsh things about how we look or who we are. Then say: “But what if we talked to ourselves the way we’d talk to a friend with kindness, patience, and understanding?”

Demonstration:

Write or project an example on the board:

“I hate how I look.” → “My body deserves care and gratitude.”

Instructions:

Think of one or two negative thoughts you’ve had about your body, food, or yourself.

On the **inside** (the part that won’t be visible when folded), write your **negative thought**.

On the **outside**, write a **positive or realistic reframe** — something kind you’d tell a friend in that same situation.

Fold the note so that the **positive side faces out** and stick it on the wall or board.

Facilitator part:

When everyone is finished, facilitators will read aloud some of the **positive sides** of the notes. This will create a “Kind Thoughts Wall,” full of supportive and encouraging messages. The negative thoughts will stay hidden — symbolizing that we all have them, but we can choose which thoughts we want to show and focus on.

4. Reflection & closing:

Ask everyone to sit in a circle or calm down the energy in the room for the closing part. Say: “Before we finish, take a deep breath and think about what



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	you want to remember from today.” Then prompt participants to finish one or two of the following sentences: • “Today I realized that...” • “Something I want to remind myself about my body is...” • “A message I’d tell a friend who’s struggling with body image is...” • “One kind thing I can say to myself is...” End the workshop with a short final message: There’s no such thing as <i>The Perfect Body</i>. There’s just your body, real, human, and worth care and respect. The goal isn’t to look perfect; it’s to feel at peace with yourself and to be healthy.
Duration:	20 minutes
Other comments:	



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