



SomeBody[®] and Food Module

Unbalanced eating behaviour, weight problems and dissatisfaction with one's own body are common with young people. Increasing body awareness and perception of body image can be seen as a path to affect eating behavior and relationship to food as eating is closely related to body and how it is experienced.

SomeBody food module's aim is to offer approaches and methods connected to food and eating to be used as a part of SomeBody group activities. The methods to be used have been developed in cooperation with KEHUVA* project and SomeBody as a Method for Municipalities' Welfare Work project. The themes to be dealt with can be chosen based on the needs and goals of the group to suit different environments.

*KEHUVA (Body Image as the Basis for Welfare) is a project executed in 2017 – 2019 and funded by the Health Promotion appropriation of the Ministry of Social Affairs and Health. The project partners are the University of Eastern Finland, the University of Helsinki, the University of Tampere and Vamos Services of Helsinki Deaconess Institute.



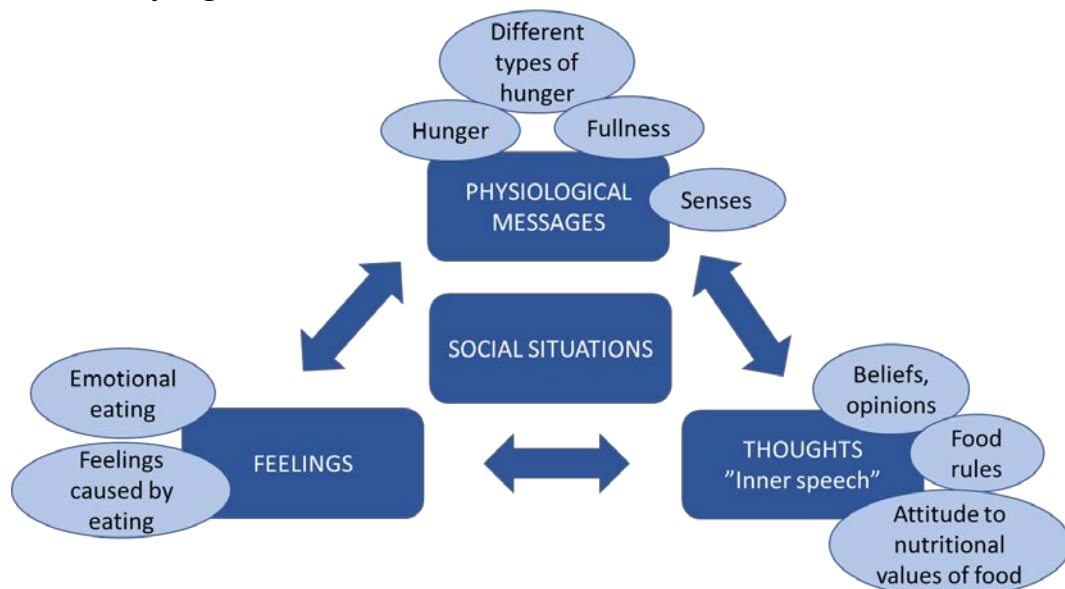
The food module can include for example exercises in the skill of eating, which promote the participants' flexible approach to body and eating in different situations and to different foods, a better recognition of hunger and fullness and the ability for regular dining. The framework of eating forms a comprehensive approach to exercising the recognition of the relationship to food as well as an honestly curious and a gently friendly attitude to eating, whether your own or the others'. Instead of the negative and judgemental inner

speech, the approach aims at strengthening a flexible and supportive inner speech.

The module is based on the following approaches:

- The framework of relationship to food
- A positive body image
- Self-esteem and self-compassion
- Intuitive eating, the skills of eating

In the food module attention is paid to the physiological messages of the body, thoughts, feelings and social interaction:



SomeBody and Food Module training is organized at Satakunta University of Applied Sciences as a part of SomeBody as a Method for Municipalities' Welfare Work project. The project is funded by the Health Promotion appropriation of the Ministry of Social Affairs and Health. The project partners are Satakunta University of Applied Sciences, the University of Eastern Finland and the University of Tampere.

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