

40 Things to do when you want to eat mindlessly

Feel like you want to eat, but know you are not hungry? Try one (or two or three) of these things instead!

Reward yourself without food...

- Get a massage
- Plan your next vacation
- Give yourself a manicure
- Have a shower or take a bath
- Take a nap
- Burn a candle or essential oil to stimulate smell instead of taste

Mind bending...

- Picture your 'future self' and how they will feel if you do or don't eat
- Say 'STOP' out loud
- Meditate for a few minutes (use an app like Headspace or Smiling Mind to help)
- Journal how you're feeling
- Write something on your 'ta-da' list
- Say three things you're grateful for today

Get moving...

- Walk around the block
- Dance to your favourite song
- Walk your dog
- Do a few sit-ups or push-ups
- Stretch for 5 minutes
- Register for a fun run
- Take yourself to the gym

In the kitchen...

- Drink a glass of water
- Make a cup of tea
- Plan your next healthy meal
- Chew some gum

Distract, Distract, Distract...

- Close the kitchen door or sit outside for 5 minutes until the craving passes
- Organise some files (digital or paper)
- Start a project you've been thinking about
- 'Kon Mari' a cupboard!
- Run an errand
- Play a game on your phone
- Do a puzzle
- Listen to a podcast or audiobook
- Read a real book!
- Play an instrument
- Create a digital photo album with the photos on your phone.
- Make something creative (knit, stitch, paint, crochet, write...)

Reach out...

- Phone a friend
- Call someone you've been meaning to for ages
- Write a thank you note
- Write a letter to someone you are angry with or hurt by explaining why. Tear it up or send it – it's up to you!
- Hug someone
- Tell someone how you feel