



## 101 Things to Do Besides Eat When You're NOT Hungry

When you recognize that an urge to eat was caused by a trigger rather than true hunger, you can choose to do another activity to distract yourself until the urge passes. Here is a list of 101 ideas to try instead of eating. Highlight those that appeal to you and add some of your own. Remember, try to choose activities that are enjoyable, available, and preferably, eating incompatible. Create a "Distraction Box" or drawer with everything you need to distract yourself and establish a Food Free Zone in a comfortable area in your home or office that is perfect for just for these moments.

Imagine a slimmer, healthier you \* Walk around the block \* Call a friend \* Make a list of your Top Ten Reasons to Lose Weight \* Read a child a book \* Make a To Do list \* Dance a little \* Plan a vacation \* Get a massage \* Jot a thank you note to someone \* Go to bed early \* Read a great book \* Write in your Awareness Journal \* Give yourself a manicure or pedicure \* Plan a healthy meal for your family \* Surf the Internet \* Finish an unfinished project \* Walk your dog \* Feel your feelings \* Volunteer in your community \* Start a hobby \* Brush your teeth \* Tape your favorite show to watch while exercising \* Take 5 slow, deep cleansing breaths \* Practice an instrument \* Balance your checkbook \* Plan a party \* Say a prayer \* Buy yourself some flowers \* Do a few sit-ups \* Make a phone call to someone you like \* Chop veggies to keep on hand \* Set your priorities \* Try a new hairstyle \* Give a massage \* Write down something you are proud of this week \* Clean out a junk drawer \* Play a game with your kids \* Try a new route on your walk \* Scream! \* Plant fresh herbs to use in your cooking \* Drink a glass of water \* Kiss someone \* Try on some of your clothes \* Catch up on your reading for work \* Look at old pictures \* Rent a video \* Smell the roses \* Wash your car \* Chew some gum \* Plan a "date" for someone special \* Swim a few laps \* Read Am I Hungry \* Take a hot, soothing bath \* Update your calendar \* Get it off your chest \* Build something \* Check in on an elderly person \* Work in your yard \* Start your holiday shopping list \* Count your blessings \* Write a letter \* Fold some laundry \* Listen to your inner conversations \* Take a nap \* Run an errand \* Work on your budget \* Take a bike ride \* Check your e-mail \* Make a positive statement about yourself - repeat often \* Give your dog a bath \* Start a project you've been wanting to get around to \* Send a birthday card \* Meditate \* Try a healthy new recipe \* Play cards \* Set your goals \* Freshen your make-up \* Hug someone \* Rearrange some furniture \* Go take a hike! \* Help with homework \* Light a fire or some candles \* Say "STOP!" out loud \* Put your pictures in an album \* Walk around your workplace \* Try a new relaxation technique \* Talk it over with someone \* Get a head start on your taxes \* S-t-r-e-t-c-h \* Do a "Honey Do" \* Say what's on your mind \* Go pick up your mail \* Straighten a closet \* Think \* Do something nice for someone anonymously \* Check the stock market \* Plan a romantic encounter \* Clean out a files \* Tell someone how you really feel \* When you become truly physically hungry, eat!