



# 101 THINGS TO DO BESIDES EAT

FROM EAT WHAT YOU LOVE LOVE WHAT YOU EAT

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## 101 Things to Do Besides Eat

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When you recognize you want to eat in response to a trigger rather than physical hunger, one of your options is to choose to do another activity to redirect your attention until the urge passes or hunger comes.

Highlight the ideas that appeal to you and add some of your own. Choose activities that are enjoyable, available, and preferably, eating incompatible. Create a “Redirection Kit” or drawer with everything you need to try another activity. Establish a Self-Care Zone that’s perfect for these moments.



# PRACTICE SELF-CARE

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- Go to bed early
- Read a great book
- Write in your Awareness Journal
- Feel your feelings
- Take 5 slow, deep cleansing breaths
- Say a prayer
- Set your priorities
- Write down something you are proud of this week
- Read Eat What You Love, Love What You Eat
- Get it off your chest
- Try a new recipe
- Freshen your make-up
- Count your blessings
- Notice your inner conversations
- Take a nap
- Make a positive statement about yourself and repeat it
- Meditate
- Rub lotion on your hands
- Set your goals
- Say “STOP!” out loud
- Try a new relaxation technique
- Say what’s on your mind
- Think
- Try a new hairstyle
- Tell someone how you really feel
- Scream!
- Get a massage
- Give yourself a manicure or pedicure
- Buy yourself some flowers
- Take a hot, soothing bath
- Light a fire or some candles
- Drink a glass of water



## BOOST YOUR ENERGY

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- Get some fresh air
- Stand-up for a while
- Picture yourself as an active and energetic you
- Make a list of your Top Ten Reasons to get more active
- Walk around the block
- Watch your favorite show while exercising
- Do a few yoga poses
- Try a new route on your walk
- Walk around your workplace
- S-t-r-e-t-c-h

# GET SOMETHING DONE

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- Make a To-Do list
- Go pick up your mail
- Straighten a closet
- Balance your checkbook
- Clean out a junk drawer
- Plant fresh herbs to use in your cooking
- Catch up on your reading for work
- Wash your car
- Chop veggies to make meal prep easier
- Update your calendar
- Work in your yard or garden
- Fold some laundry
- Run an errand
- Work on your budget
- Check your email
- Rearrange some furniture
- Organize your photos
- Get a head start on your taxes
- Start your holiday shopping list
- Clean out a file
- Check the stock market
- Finish an unfinished project
- Brush your teeth
- Plan a balanced meal for your family
- Start a project you've been wanting to do







## CONNECT WITH OTHERS

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- Call a friend
- Jot a thank you note to someone
- Play with your dog or cat
- Volunteer in your community
- Make a phone call to someone you like
- Give a massage
- Kiss someone
- Look at old pictures
- Arrange a date with someone special
- Check on an elderly person
- Write a letter
- Read a child a book
- Give your dog a bath
- Send a birthday card
- Hug someone
- Help with homework
- Talk it over with someone
- Do a "Honey Do"
- Do something nice for someone anonymously
- Plan a romantic encounter

## TAP INTO PLAYFULNESS

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- Play a game with your kids
- Dance a little
- Plan a vacation
- Surf the Internet
- Start a hobby
- Practice an instrument
- Plan a party
- Watch a funny video
- Smell the roses
- Swim a few laps
- Build something
- Take a bike ride
- Play cards or solitaire
- Go take a hike

When you  
become physically  
hungry, **eat!**







Eat Mindfully, Live Vibrantly

FIND MORE RESOURCES AT  
[AmIHungry.com](http://AmIHungry.com)