

# 35 THINGS TO DO INSTEAD OF BINGE EATING

- 1**  **CALL** a friend, family member, a support person, anyone who you can talk to who will either **get your mind off of food**, or someone to talk to about whatever it is that you might be feeling.
- 2** Go for a **NICE LONG WALK** in the fresh air. Walking is both regulating and calming. It soothes your nervous system and helps to calm your mind and body. 
- 3** **MEDITATE.**
- 4** Drink a cup of **TEA.**
- 5** Give yourself a **MANICURE/PEDICURE.**
- 6**  **PET** your cat or dog or rabbit or bird! Pets have been proven to **CALM DOWN YOUR MIND AND BODY.**
- 7**  Lay down & watch a heartwarming or **FUNNY MOVIE** on Netflix. **Do something with your hands** like beading or knitting while you're watching to engage all your senses.
- 8**  Take a shower, give yourself a hot oil treatment, shave your legs, tweeze your brows - **SELF-CARE TIME.**
- 9** **GET ORGANIZED** sort out your bills, create a budget- organize your home, your brain, your life! Often getting organized can help you feel more in control and enable you to thwart a binge, which can often feel very out of control. 
- 10**  Make a playlist of all your favourite songs that make you feel empowered.
- 11** **KNIT** or do **NEEDLEPOINT.**
- 12** **TAKE A NAP.**
- 13** Lay down somewhere relaxing and **READ A GOOD BOOK.**
- 14** Put your headphones on, **LISTEN TO A GOOD PODCAST** and get some **CLEANING** in, you will feel so good afterwards!  
- 15** **PUT ON MUSIC AND DANCE** it out in your room!
- 16**  Do an **EXERCISE** or **YOGA CLASS** on Youtube.
- 17** Take a **RELAXING BATH** with nice bath salts or essential oils.
- 18** Write in your **JOURNAL.** 
- 19** **SCREAM INTO A PILLOW.** The action of doing this will release endorphins and calm down anxiety in the same way that binge eating will. 
- 20** Play **VIDEO GAMES.** 
- 21** Play **SCRABBLE** online or Words with Friends.
- 22**  Cut up some **LEMONS & LIMES** and drop it in water and drink some. Staying hydrated will help you to not confuse your hunger and thirst signals.
- 23** **WRITE AN ANGRY LETTER** to whomever you are holding anger at. You don't have to send it, just let it out. Afterwards, put it somewhere safe. You might let go of some emotions that you'd been stuffing and you might find that you no longer have the urge to binge.
- 24** **GO THROUGH OLD PICTURES** of people, family, friends who make you feel good. 
- 25**  **CUDDLE** with your partner, spouse, kids, cat, dog, teddy bear, etc.
- 26** Adult **COLORING** books are an amazing form of meditation
- 27** Catch up on your **SHOWS**- as long as television is not a binge trigger.
- 28**  **TELL THE BINGE THAT YOU ARE STRONGER THAN IT.** You are stronger than the urge to binge. Just because you want to, doesn't mean you have to.
- 29**  **BRUSH & FLOSS** your teeth- having a clean mouth will make you feel less like bingeing and this simple self-care ritual will help you feel loved and cared for.
- 30**  **WRITE A LETTER** to someone you love either living or no longer alive- it could be your Mom, Dad, Grandma, Grandpa, dog, best friend, an old teacher. Whoever.
- 31**  Make a list of why **YOU ROCK.** Think about what's great about you. Can't think of those things? Call someone who loves you and ask them to tell you.
- 32** Light scented **CANDLES** & relax. 
- 33** Read **POSITIVE AFFIRMATIONS.**
- 34** Write out your intentions or **PERSONAL GOALS** for yourself for the week. Write out both long term and short term goals- things that you are striving for and ways to help you get there. 
- 35** **FIGHT PROCRASTINATION!** Do homework, write that paper you've been putting off, work on your dissertation... whatever it is that you've been putting off. Use the time that you would normally be bingeing to do it! 