35 THINGS TO DO **INSTEAD OF BINGE EATING**





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.

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.



MEDITATE.

Drink a cup of TEA.

Give yourself a MANICURE/PEDICURE.



PET your cat or dog or rabbit or bird! Pets have been proven to CALM **DOWN YOUR MIND** AND BODY.





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.



Take a shower, give yourself a hot oil treatment, shave your legs, tweeze your brows - SELF-CARE TIME.

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.





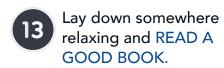


Make a playlist of all your favourite songs that make you feel empowered.



KNIT or do NEEDLEPOINT.







Put your headphones on, LISTEN TO A GOOD PODCAST and get some CLEANING in, you will feel so good afterwards!







PUT ON MUSIC AND DANCE it out in your room!

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Do an EXERCISE or YOGA CLASS on Youtube.

Take a **RELAXING BATH** with nice bath salts or essential oils.

Write in your

JOURNAL.



SCREAM INTO A PILLOW. The action of doing this will release endorphins and calm down anxiety in the same way that binge eating will.



Play VIDEO GAMES.



Play SCRABBLE online or Words with Friends.







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.



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.





CUDDLE with your partner, spouse, kids, cat, dog, teddy bear, etc.



GO THROUGH OLD PICTURES of people, family, friends who make you feel good.









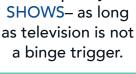
BRUSH & FLOSS your teeth- having a clean mouth will make you feel less like bingeing and this simple self-care ritual will help you feel loved and cared for.





WRITE A LETTER to someone you love either living or no longer aliveit could be your Mom, Dad, Grandma, Grandpa, dog, best friend, an old teacher. Whoever.





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.

Adult COLORING

books are an

amazing form of

meditation

Catch up on your



Light scented CANDLES & relax.



Read POSITIVE AFFIRMATIONS.



Write out your intentions or PERSONAL GOALS for yourself for the week. Write out both long term and short term goalsthings that you are striving for and ways to help you get there.

because you want to,

doesn't mean you have to.



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!



