

## Activities for Surfing the Urge to Eat When Not Physically Hungry

When an urge to eat hits and you know it's more from the habit or stress of the moment, try one or more of these activities to redirect your attention away from food to a healthier, non-food alternative.

### While Watching TV

Stretch	Do core strengthening exercises	Work on a jigsaw puzzle
Fold laundry	Polish your nails	Sip on a cup of hot tea
Color in a coloring book	Knit or crochet	Chew some gum
Do a sudoku puzzle	Organize your paperwork	Cuddle with your pet

### Healthy Alternative Activities

Go on a walk	Make a To-Do List	Plan a vacation
Read	Write in your journal	Call a friend
Do a household chore	Practice a musical instrument	Meditate or Pray
Play your favorite music	Play a board game	Take a hot, soothing bath
Read a self-help book	Do something nice for someone	Tell someone how you feel
Work on your budget	Put on hydrating body lotion	Put on a face mask
Polish your nails	Work in your yard or garden	Do some yoga poses
Get outside in nature	Create an art or craft	Organize a closet
Make a bucket list	Play solitaire	Explore <a href="http://www.Meetup.com">www.Meetup.com</a>
Watch a favorite movie	Watch a Ted talk ( <a href="http://www.ted.com">www.ted.com</a> )	Listen to a podcast
Make a music playlist	Virtually connect (Facebook, etc.)	Make a gratitude list
Go to the gym	Listen to a guided meditation	Use an emotional eating app
Snuggle with a pet	Reach out to a friend in need	Practice breathing exercises
Research a topic	Create a vision board	Scrapbook