



# *Beyond Emotional Eating: Making Peace with Food*

## **Pleasurable Activities/Soothing Experiences to Use Instead of Food**

Try to soothe mindfully, one moment at a time. That means being accepting of your feelings and noticing negative thinking. Bring yourself to the present moment. Plan a number of different activities and try and engage all of your senses.

- Hug yourself, soothe yourself physically
- Massage your jaw muscles
- Listen to music, particularly from a positive time in your life
- Connect with pleasant experiences and emotions (gratitude, positive memories, positive future possibilities)
- Identify your strengths and successes
- Listen to music that triggers a helpful mood
- Practice relaxation, meditation, or breathing exercises
- Do something fun
- Distract yourself with something non-harmful
- Change your location, activity, or your physical state (i.e., take a shower/bath)
- Connect with a friend
- Move your body, get exercise (just 5 minutes!)
- Rest/sleep
- Eat nourishing food
- Journal, express yourself creatively
- Read, watch a movie
- Take active steps towards improving a situation
- Practice assertive communication
- Consider looking at photos of loved ones or yourself at a younger age
- Appreciate nature
- Observe art or architecture
- Massage your hands
- Get a massage
- Wear soft, comfortable clothes
- Apply lotion
- Play with pets
- Rub sore muscles with a topical relaxant
- Hold a stress ball
- Place a warm washcloth on your face
- Hold an ice cube - as it melts it provides a distraction from painful thoughts and urges
- Freeze an orange and leave it until needed. If you experience overwhelming emotions, take it out, squeeze and observe, holding it in your hand for a few minutes.
- Taste vs. eat - pour a cup of flavorful tea
- Smell a scented candle, your favorite perfume, aromatherapy oils
- Soak a small towel/washcloth in a bowl of one-cup cold water and two drops eucalyptus oil, then neatly roll and place in a resealable bag in your refrigerator. When needed, take out your towel and place it on your face. Bring your awareness to the sensations of the towel on your face, breathing deeply.
- Seek meaning in the pain or emotions you are experiencing
- Give: contribute to others around you
- Remember, one moment at a time
- What might you add?