

# 40 THINGS

**You Can Do Instead Of Reaching  
For Junk Food When You Feel Stressed  
Or  
Overwhelmed with  
Negative Emotions  
Checklist**



## **Mindfulness Meditation**

Find a quiet place and sit with your emotions and all those feelings you've been trying to suppress. Breathe through it all and reduce the urge to eat impulsively by letting those thoughts pass without judgment. You're doing your best.

## **Take A Hike Or Brisk Walk**

The brisker the walk the better for releasing endorphins and clearing your mind.

## **Journal**

Believe it or not, writing everything out can be an incredibly cathartic experience *and* an effective way to put distance between you and those emotions. It's one of those exercises where you free-write and word vomit onto a page.

## **Talk To A Friend**

Text or call someone you love and trust, someone you know will actively listen to you and provide you with a bit of comfort and support while you're struggling.

## **Deep Breathing**

A deep breathing exercise will calm your nervous system down, which should help you curb cravings driven by stress.

## **Yoga**

Yoga is an excellent tool for reducing stress, and as you practice breathing techniques and gentle movement it has a natural relaxation effect.

## **Tai Chi**

It's the gentlest martial art and it's great for increasing flexibility, improving balance, and reducing stress.

## **Laughter Yoga**

If laughter is the best medicine, then laughter yoga must be straight from heaven. Laughter yoga exercises are great for boosting your mood and beating stress.

## **Take A Break**

Giving yourself time to put distance between yourself and your emotions temporarily can be a good way to avoid giving in to temptation.

While it's extremely helpful to give yourself a time out to determine if you are emotionally or physically hungry, which is another valid thing to do, this suggestion is about stopping and making yourself a cup of herbal tea.

The preparation time and the act of sitting down to enjoy and drink it will distract you long enough to get to grips with what's going on.

## **Get Creative**

Creative outlets are always an excellent way to channel your emotions, whether you like to write, play music, paint, draw, or even craft.

### **Press Play**

Soothing music can be an effective way to calm your mood. An upbeat playlist can help you boost your mood. Either option is great for diverting your attention from emotional hunger to processing those negative thoughts and big emotions.

### **Indulge In A Bubble Bath**

What better way to avoid emotional eating than the process of running yourself a warm bubble bath? If you don't like bubbles, choose your favorite essential oil or a fancy bath bomb. Whatever it is, sink into relaxation and let it transport you somewhere far away from your troubles.

### **Gratitude Exercises**

Sit down with a pen and paper and make a long list of everything you're thankful for. It takes away any feelings of “lack” and fills you up with positive emotions.

### **Play Time**

If you have a pet, that's an excellent way to fight stress and boost oxytocin levels. If you don't have a pet, that's okay – you can have playtime with your kids. If you don't have pets or kids, that's okay, too, you can hop on your phone or video game console to play your favorite game. If you are playing any games, set a timer so you don't get caught in the loop of endless game playing.

## **Volunteer**

This is a longer-term solution, one that you will need to plan and schedule. However, regularly volunteering can provide you with a mood boost that carries through your entire life, not just on the days you're helping others.

## **Progressive Muscle Relaxation**

Progressive muscle relaxation doesn't take a long time, but it's enough time to reduce tension in your body, promote relaxation, and thus distract you from, or even release you from, the emotions trying to drive you to eat.

Here's one way to do that: You start at the bottom of your body and work your way up, tensing each muscle group and relaxing before you move to the next.

## **Healthy Eating**

If you're having balanced meals with the right balance of lean protein, whole grains, and healthy fats, you're more likely to satisfy your hunger properly as well as nourish your body. This makes you less likely to have cravings, which can contribute to emotional eating problems.

## **Engage In Your Favorite Activity**

Whether it's an official hobby or simply an activity you enjoy, it can help you re-direct your brain from the urge to emotionally eat.

## **Show Self-Compassion**

Always be kind to yourself. Negative emotions are a natural part of the human experience, and you don't need to beat yourself up for experiencing them. Nor do you need to tear yourself down if you do give in to emotional eating. You're on a journey and it will take time and practice to overcome the problem.

## **Read**

A great book can shift your focus from stress and negativity and immerse you in a brand-new world.

## **Visualization**

Transport yourself to a peaceful place where you can feel all of your stress melt away or imagine yourself doing an activity that brings you relaxation.

## **Get Creative in the Kitchen**

Get more creative with your time in the kitchen by trying tasty healthy recipes and different cooking techniques to make meals more exciting. There are plenty of quick, exciting options.

## **Affirmations**

Write out a list of positive affirmations you can repeat as a reminder of your positive traits, strengths, and capabilities. You can repeat positive affirmations daily, but they're particularly useful in challenging times.

## **Declutter**

One effective way to instill calm and feel in control while combating anxiety and stress is to organize. If you feel those negative emotions creeping up on you, even a tiny bit of organizing or decluttering the room you're in will help.

## **Digital Detox**

Unplugging reduces stimulation which allows for relaxation. Social media tends to provide us with a lot of different triggers. Could be food videos that pop up, destressing stories or any number of stimuli that can trigger emotional eating. Taking a break from this type of stimulation permits you to feel more calm and present to your own needs.

## **Get Planting**

Gardening is a great way to connect with nature, and nature can be incredibly relaxing.

## **Self-Care**

Is essential to our well being. Whether it's creating a relaxing environment to unwind into a good night's sleep or eating healthy balanced meals, exercising and hydrating regularly, it all helps to keep emotional eating at bay.

## **Aromatherapy**

Light scented candles, use oil diffusers, whatever it takes to create a safe and comforting environment where you can unwind and just sit in peace for the good of your emotional well-being.

## ☑ **Time Management**

If you learn how to manage your time more effectively it will reduce your stress levels. Reducing stress levels opens up your ability to cope better with negative emotions or whatever else it is that triggers your penchant for emotional eating.

## ☑ **Natural Connections**

Get out and spend time in nature. You could sit in the park, take a hike, go for a little walk, swim in the pool, or just hang outside with a cup of coffee. Just enjoy the fresh air, it will do wonders.

## ☑ **Learn**

It could be a new skill, a new hobby, or just tackling a subject you're interested in.

## ☑ **Emotional Freedom Techniques**

EFT is a tapping technique designed to promote calm and relaxation and let go of negative emotions. Tapping on various points as you “tell your truth” about any negative emotion, brings clarity and freedom about the issue.

Here is a resource to learn more about how to tap and the science behind it: [www.thetappingsolution.com](http://www.thetappingsolution.com)

## ☑ **Vision Board It**

Sitting down to visualize things is useful, but sometimes, creating tangible evidence of those visualizations is important. Cut out pictures or words and “pin” it to a physical or digital board you can look at frequently to instill in your mind what your goals are.



## **Grounding Techniques**

Using grounding techniques to engage your senses in the present moment is key to beating stress, counteracting negative thoughts, and avoiding emotional eating. Breathe in for 4, hold and breathe out for 4; or notice the feel of the air on your skin; notice any scents/smells around you, use your eyes to see the colors and shapes in your environment and listen for sounds you might hear.

## **Self-Reflection**

This is an opportunity to reflect on your experiences and emotions to recognize the patterns triggering your emotional eating.

## **Positive Self-Talk**

When you experience negative thoughts, challenge them.

## **Physical Touch**

Hug a pet, hug a friend, hug your partner, hug your child, and if there's nobody else around, you can hug yourself by carrying out a quick self-massage.

## **Manage Transition Times**

Transition times are those moments between meals and activities. A lot of times you're just looking for relaxation and see food as the way to achieve that. Ask yourself: What else can I do besides eat?

## **Prioritize Pleasure**

A lot of people don't get pleasure from their daily lives, so food becomes the pleasurable moment they hold onto. Pleasure isn't

selfish. It's all about feeling joy and happiness. So, prioritize *your* pleasure beyond food.

## **Seek Help**

There may be a point where you can't handle the issue of emotional eating on your own. When you recognize this in yourself, you need to seek support.

Whether it's from Healing Hypnotherapy, your primary care physician or another therapist, don't wait any longer. Get the support that will stop negative emotional eating as soon as possible.

Website: [www.HealingHypnotherapy.com](http://www.HealingHypnotherapy.com)

Inquiry form:

<https://healinghypnotherapy.com/how-can-we-help-you/>

Email: [Jackie@JackieFoskett.com](mailto:Jackie@JackieFoskett.com)

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