

Ways to Self-Soothe without using food, for Compulsive Eaters

1. Walk while listening to podcasts.
2. Do yoga.
3. Leave the area.
4. Drink water.
5. Set a timer.
6. Get out of yourself. Do something for someone else.
7. Get out of your head. Meditate.
8. Color.
9. Meditate and color.
10. Get out in nature.
11. Knit or indulge in another activity that is rhythmic and repetitive. Knitting, crocheting, watching waves in the ocean - all lull one into a calm state.
12. Don't get deprived to begin with; do not isolate yourself.
13. Make art.
14. Go to the movies and get lost in the plot.
15. Go to the library.

16. Read a book about Hygge (the Danish way of nurturing yourself.)
17. Practice Tapping. Tapping is a combination of Ancient Chinese Acupressure and Modern Psychology that works to physically alter your brain, energy system and body. The practice consists of tapping with your fingertips on specific meridian points of the face and body.
18. Take a bath.
19. Make a Higher Power box and decorate it. Jot your thoughts down on a slip of paper. Turn them over to your HP by placing the slips of paper in the box. It can bring a sense of relief.
20. Listen to relaxation tapes.
21. Take a warm bath.
22. Swim.
23. Listen to music.
24. Garden.
25. Reach out.
25. Cuddle with your pet.
26. Play games or watch videos online.
27. Stretch out and then put lotions all over body. It's nurturing.