

# TASTY

# TIPS TO COMBAT BOREDOM EATING

It's no secret the current state of affairs in our world has lowered willpower and put us on track to earn a black belt in SNACKING. In an unexpected development... you're not actually hungry.

Here are some Tasty Tips to Combat Boredom Eating:

## UP YOUR WATER INTAKE:



BEING DEHYDRATED CAN BE MISTAKEN FOR THE FEELING OF HUNGER. PRIOR TO GRABBING THE SNACKS, DRINK 10-20 OZ OF WATER. GIVE YOURSELF 20 MINUTES - REEVALUATE YOUR HUNGER SCALE.

## OPT FOR SOME SELF-CARE:

- TAKE A NAP
- READ A BOOK/MAGAZINE
- PAINT YOUR NAILS
- PHONE A FRIEND
- GO FOR A WALK
- MEDITATE
- JOURNAL
- WRITE A POST-QUARANTINE BUCKET LIST
- PLAN YOUR NEXT DREAM VACATION ON PINTEREST

## PLATE OR BOWL REQUIRED:



BOREDOM EATING IS MINDLESS EATING. MANY TIME WE DON'T EVEN REALIZE IT IS HAPPENING UNTIL IT'S OVER. PLATING YOUR FOOD REQUIRES INTENTION VS. MINDLESSLY SNACKING OUT OF A BAG.

## TASTY TAKEAWAY:

WE ARE RE-WIRING OUR BRAINS TO A "NEW NOW." THIS REQUIRES WHAT I CALL: "GDG." GIVE YOURSELF SOME "GOD DAMN GRACE." #GDG NO ONE HAS BEEN THROUGH THIS BEFORE. BUT, WHEN YOU THINK OF WHAT YOU WANT TO SHOW FOR YOURSELF AT THE END OF THIS SEASON... DO YOU ACTIONS MATCH YOUR GOALS?

## TAKE NOTE:

THE UNIVERSITY OF LIMERICK CONDUCTED A SERIES OF STUDIES THAT INDICATED "BOREDOM LEADS TO UNHEALTHY EATING [HABITS], AS IT HELPS TO DISTRACT FROM THE UNPLEASANT BOREDOM EXPERIENCE."

## #TEAMNEXTMEAL:

IN THE TAYLOR MADE TASTY METHOD, ONE OF THE GREATEST TOOLS ON THE ROAD TO QUIT QUITTING ON YOUR HEALTH GOALS IS TO OWN THAT THE PAST HAPPENED AND THAT WHAT YOU CAN CONTROL IS YOUR NEXT MEAL. NOT A WEEK FROM NOW, NOT MONDAY, NOT NEXT MONTH. YOUR NEXT MEAL, YOU ARE BACK ON IT.