

Sometimes we eat because we aren't hungry

Here is an acronym to think about if we aren't sure and want to double check.

It's called **HALT!!!**

H Hungry....am I truly hungry? (remember hunger and thirst come from same place in the brain- you may just be thirsty)

A Angry/agitated/anxious.....am I feeling this?

L Lonely or bored?....am I feeling this way?

T Tired? Am I eating just because I'm tired....?

Try to catch yourself if you are eating for any other reason than being truly hungry. Distract yourself for 5-10 minutes with a small project and see if it goes away. If it doesn't, then have something...IF in a program that doesn't have that flexibility- see if the trend continues and let your sponsor or RD know! Meal plans can be tweaked.

Some Ideas:

Brush your teeth

Go to bed (if you are tired and it's late) or take a nap if you can

Clean a drawer, organize your desk

Fold laundry (can't eat Doritos and fold laundry!)

Put on nail polish

Go thru the sale papers

Vacuum

Go outside, walk

Get out of house

Read a book or article in a magazine

Groom a pet (they will love you too...maybe!)

Water plants

Repot a plant

WRITE/JOURNAL/BRAIN PURGE "what's going on?...what do I really need?"

PICK UP PHONE

SEND SOME EMAILS/TEXTS

