

# HUNGER & SATISFACTION GUIDE

LET YOUR BODY BE YOUR GUIDE



*Individual appetite cues can vary and these are just suggestions.  
Explore how your body informs you.*

Concept adapted from Learning/Teaching Handout Series CD on Eating Disorders. Sondra Kronberg, MS, RD, CEDRD. Wellness Publishing, 2001.

<https://www.fitwoman.com/blog/weight-management-mindful-eating/>

# 100 Things to Do Besides Eat

Get a massage | Picture an energetic you | Walk around the block | Call a friend | Make a list of your Top Ten Reasons to get active | Read a child a book | Make a To Do list | Dance a little | Plan a vacation | Do a Body-Mind-Heart Scan | Jot a thank you note | Go to bed early | Read a great book | Write in your Awareness Journal | Give yourself a manicure or pedicure | Plan a healthy meal for your family | Surf the Internet | Finish an unfinished project | Walk your dog | Feel your feelings | Volunteer in your community | Start a hobby | Brush your teeth | Record your favorite show to watch while exercising | Take 5 slow, deep cleansing breaths | Practice an instrument | Balance your checkbook | Plan a party | Say a prayer | Buy yourself some flowers | Do a few sit-ups | Make a phone call to someone you like | Chop veggies to keep on hand | Set your priorities | Try a new hairstyle | Give a massage | Write about something you are proud of this week | Clean out a junk drawer | Play a game with your kids | Try a new route on your walk | Scream! | Plant fresh herbs to use in your cooking | Drink a glass of water | Kiss someone | Try on some clothes | Catch up on your reading for work | Look at old pictures | Rent a movie | Smell the roses | Wash your car | Chew some gum | Plan a “date” for someone special | Read *Eat What You Love, Love What You Eat* | Take a hot, soothing bath | Update your calendar | Get it off your chest | Build something | Check in on an elderly person | Work in your yard | Start your holiday shopping list | Count your blessings | Write a letter | Fold some laundry | Listen to your inner conversations | Take a nap | Run an errand | Work on your budget | Take a bike ride | Check your e-mail | Make a positive statement about yourself—repeat often | Give your dog a bath | Start a project you’ve been wanting to get around to | Send a birthday card | Meditate | Try a delicious new recipe | Play cards | Set your goals | Freshen your make-up | Hug someone | Rearrange some furniture | Go take a hike! | Help with homework | Light a fire or some candles | Say “STOP!” out loud | Organize your photos | Walk around your workplace | Try a new relaxation technique | Talk it over with someone | Get a head start on your taxes | S-t-r-e-t-c-h | Do a “Honey Do” | Say what’s on your mind | Go pick up your mail | Straighten a closet | Think | Do something nice for someone anonymously | Check the stock market | Plan a romantic encounter | Clean out a file | Tell someone how you really feel

**Women’sHealth**

SOURCE: MICHELLE MAY, M.D., FOUNDER OF THE AM I HUNGRY? MINDFUL EATING PROGRAM