

Healthy Distractions...for when you are stressed or bored

- Call or e-mail a friend
- Get some activity...walk, run, go to the gym, or whatever sounds good
 - Even if it doesn't sound fun at the moment, you will probably enjoy it once you start
- Enjoy a warm bath or shower
- Chew on some sugarless gum or brush your teeth
- Put a puzzle together
- Play a game with your spouse, child, friend, or pet
- Tackle a household chore
- Do something you enjoy that keeps your hands busy: a craft project, painting, knitting, etc.
- Experiment with putting your makeup on a different way
- Make a grocery list of healthy foods for the coming week
- Reorganize a closet or junk drawer
- Work in your garden or start an herb garden in your kitchen
- Do the laundry
- Write in your diary about what you are feeling
- Turn on some music and dance
- Read a good book or magazine
- Take a 15 minute nap
- Drink a glass of water
- Apply a facial mask
- Study a foreign language with a book or from the internet
- Do a crossword or Sudoku puzzle
- Read an article on a health topic that interests you
- Go on-line and find inspirational quotes to keep you motivated
- Find a saying to repeat when you feel like eating
- Listen to soothing music
- Breathe deeply
- Pray or meditate
- Get a massage
- Get a manicure
- Watch an inspiring movie