

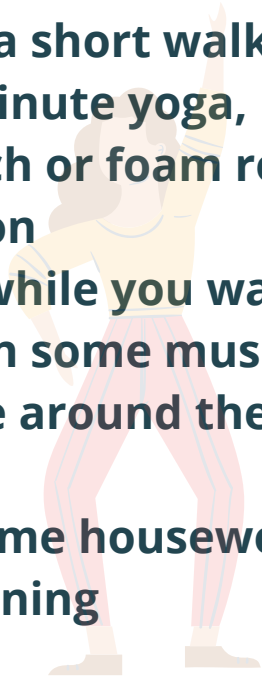
# 18

# SIMPLE & EFFECTIVE DISTRACTIONS

for when you're *bored* NOT hungry

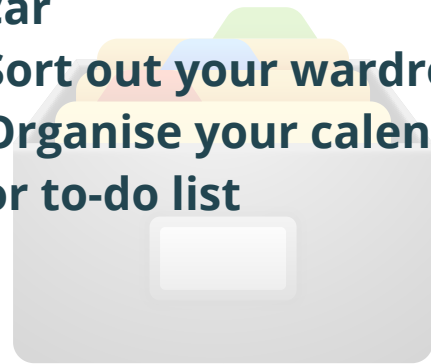
## GET PHYSICAL

- Take a short walk
- A 5 minute yoga, stretch or foam rolling session
- Knit while you watch TV
- Put on some music and dance around the living room
- Do some housework or gardening



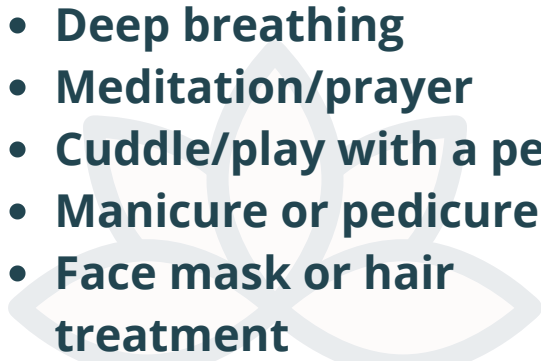
## DECLUTTER SOMETHING

- Tidy one room, or a set of drawers
- Tidy the inside of your car
- Sort out your wardrobe
- Organise your calendar or to-do list



## TAKE A QUICK TIME-OUT

- Deep breathing
- Meditation/prayer
- Cuddle/play with a pet
- Manicure or pedicure
- Face mask or hair treatment
- Read a book, magazine or blog post



## BE POSITIVELY SOCIAL

- Phone or visit a friend
- Send an email or clean up your inbox
- Post a selfie on your favourite social media

## AND REMEMBER, YOU CAN ALWAYS....

Drink a glass of water or brush your teeth!

**BONUS TIP:** clean out your fridge and pantry. Throw away, or give away any food you don't want to eat, or that doesn't meet your nutrition goals.