



Reward yourself with comfort activities, not comfort foods

1. Play with your pet(s); walk your dog.
2. Sit in a hot tub or warm bath.
3. Go for a walk.
4. Exercise – If you are exhausted, just do something active for 10 minutes.
5. Hobby – do your favorite hobby or read and research new information on your hobby.
6. Games – play a game with your kids, a friend or loved one. Play an online game (briefly).
7. Read a good book.
8. Massage – stop by after work or ask a loved one for a massage.
9. Relax and meditate – breathe deep, give your mind and body time to relax.
10. Practice Mindfulness – do not make a rushed decision on what to eat.