

Control Yourself!

Food urges can be difficult to manage. Here are some tricks:

- Plan ahead, and have a solution ready for difficult situations.
- Distract yourself—immediately find something else to do.
- Drink a glass of water to fill up.
- Do not keep “trigger foods” in your home.
- Put something in your mouth like gum, a sugar-free mint, toothpick, straw, cinnamon stick, etc.
- Exercise—make yourself move!
- Call someone to get support and encouragement.
- Practice relaxation. Take a few slow, deep breaths and let your muscles go loose.
- Come up with a “guiding thought” that will make you stop. For example, “I know I want this right now, but I want to meet my goals.” Repeat this when you find yourself struggling.
- Be confident that you will meet your goals...imagine yourself in the future...healthier, more fit, and proud of your accomplishments.
- Remind yourself of the progress you have made and keep going forward.
- If you know there is a strong cue for an urge, avoid the trigger if you can, alter the situation, or do something else in response to the trigger.
- Acknowledge your successes when you avoid urges.

