

# 10 Things You Can Do Right Now To Control Cravings While Stuck At Home

A FREE guide from Tova Abelman





Here are 10 strategies you can use to get in control of your cravings right now, even while stuck at home.

I get it. You're super stressed. Bored. And trying to follow a diet because you want to lose weight.

Don't give up on your healthy lifestyle goals! Try some or all of these strategies so you can get back to losing weight ASAP!



# 1. Don't Buy Your Trigger Foods




A trigger food *for you* is any food that causes you to want more (usually much more than a reasonable serving). Sometimes a trigger food leads to a binge. Common trigger foods are processed junk foods like cookies, ice cream, bread, crackers, and candy. It is easier to say NO to a trigger food once at a grocery store than each time you walk into the kitchen. If you don't have access to these unhealthy foods, you simply can't eat them.




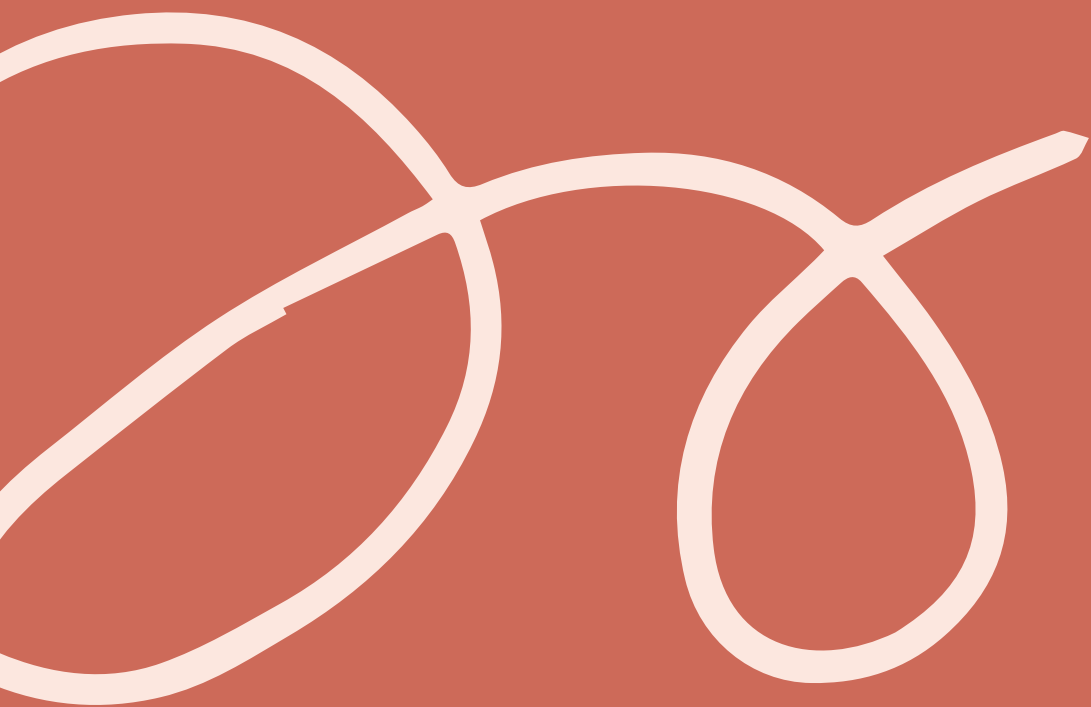
2. Out of sight, out of mind. Don't keep food on the counter or where you can see it. If you live with people who eat your trigger foods, ask them to hide these foods. Or, place these foods somewhere you won't easily come across them like high up on a shelf. Giving yourself this space between Want Food and Eat Food can help break automatic behaviors.





3. Satisfy your craving for volume with lots of non starchy veggies like mixed greens, steamed broccoli and cabbage, carrots, and cauliflower. The fiber in vegetables will fill you up and support your overall health. The many nutrients in these plant foods will also satiate your appetite. Unlike your trigger foods, keep these foods front and center in your refrigerator. Air fried or roasted brussel sprouts with some salt can make a great snack.







## 4. Create Art

Instead of giving in to your cravings, express yourself. In addition to painting and drawing, try making a mixed media collage using words and images from magazines. Organize old photos. Take more pictures, even just around your house. Edit photos using unique filters and effects. Just create.

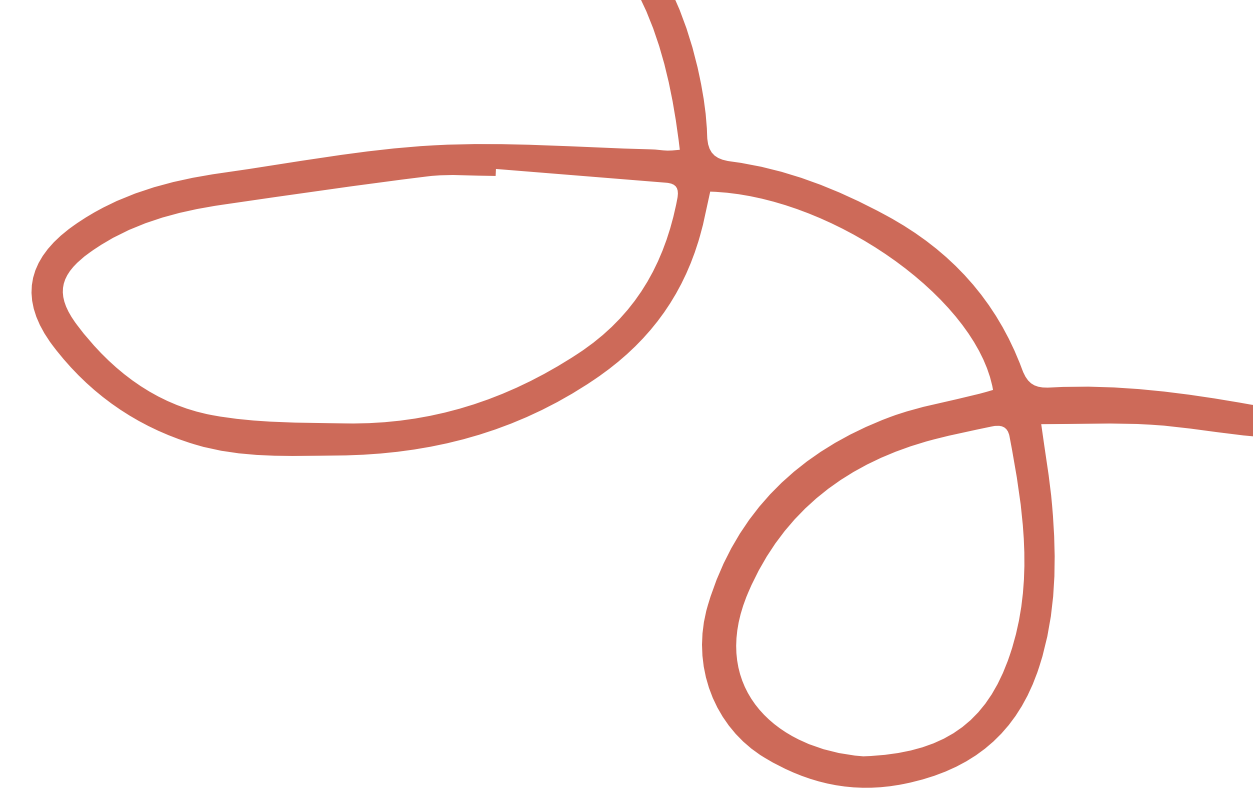




5. When you notice thoughts and urges pulling you towards eating unhealthy foods, don't argue with the thoughts. Don't emotionally react by getting frustrated or upset. Don't engage in a mental debate about whether or not you should Eat The Thing; if you do Eat The Thing how much should you eat; etc. It is easier to simply not engage mentally with those lines of thinking. Refocus on something meaningful to you. Giving in to cravings, bingeing, and cheating on your diet are choices you make.



# 6. Get Moving



Being active is so important for improving your mood and reducing stress. Just because gyms are closed doesn't mean you are confined to the couch! Here are some ways you can get active right now.

Go for a walk.

Turn on some music and dance.

Find a workout on YouTube.

Do yoga or stretch.

Garden.

Clean.

Lift weights or do bodyweight exercises.

Organize your closet.

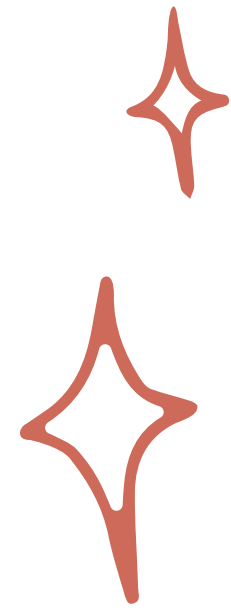
Repair things around the house/apartment.

Punch and kick away your stress with a kickboxing workout.



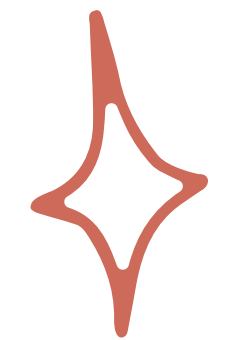
7. Choose to follow an eating plan based on whole food with an emphasis on plant-based foods like vegetables, fruits, nuts, and beans. Very restrictive diets can leave you truly hungry and more vulnerable to cravings. Don't be afraid of including whole food healthy carbs. Some people also experience increased cravings when carbohydrates, including healthy whole food carbohydrates, are severely limited.





## 8. Fruit is an Excellent Dessert

Whole fruit is naturally sweet. Include some at the end of your meals as a healthy dessert. For an extra delicious treat try a banana with peanut butter and unsweetened cocoa powder. Apple slices sprinkled with cinnamon are another great way to enjoy fruit.



9. Add structure to your eating. Some programs emphasize two or fewer meals in a day. If you are trying to eat this way but continue to struggle with cravings, I suggest moving to three meals a day. You might also try including an afternoon snack. Include non starchy veggies with your snack; a piece of fruit and some veggies is very filling. The key is to find an optimal meal structure that works for you.





10. Write. Write in a journal, write poetry, write fiction, write non fiction. Create a To Do list. Write out a plan to solve your problems. Just write. Try writing non stop for 30 minutes without filtering your words and see what happens. If you want prompts, there are many that can be found online.



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”