

Things to Do Instead of Binge Eating or Worrying About Your Weight

- Read this list
- Take a walk
- Talk to a friend
- Go for a drive
- Watch TV
- Soak in a hot bath
- Make a journal entry
- Go for a bike ride
- Take a nap
- Work on an art project
- Knit, crochet, do needlework or work on another craft project
- Practice yoga
- Meditate
- Put on music and dance to it
- Play with a pet
- Get a pet if you don't have one
- Work in the garden
- Go shopping
- Take a friend bowling
- Clean out your closet
- Call a talk show
- Play a musical instrument
- Go to a movie
- Reorganize one room in your house or apartment
- Play a computer game
- Write a mystery story
- run through sprinklers
- Get binoculars and watch birds
- Walk the dog
- Plan ways to make money
- Take a self-defense class
- Take a folk dance class
- Get a hammer and break rocks (they are pretty in side, wear safety glasses).
- Call a friend you haven't talked to in a long time
- Ride the bus somewhere new
- Talk to someone older than you
- Talk to someone younger than you

- Read the encyclopedia
- Read a how-to book
- Experiment with a new hairstyle
- Experiment with a new look with makeup
- Browse through a second-hand store
- Play with crayons and a coloring book
- Squish modeling clay in your fingers
- Make something with the modeling clay
- do a finger painting
- Vacuum or dust
- Wash the car
- sing along with the radio
- Make a list of other things to do instead of binge eating or worrying about your weight