

Nourishment Menu

Non Food Ways to Address Your Stress

When you feel emotional or stressed, sometimes you might want to eat something even if you're not really hungry. But before you grab a snack, try doing something else that makes you feel good, like a "nourishment activity".

A nourishment activity is something that helps you feel better without eating. You can put different things on your nourishment menu, like things that make you happy or relaxed. The best part is, these activities don't take long, usually just 1 to 5 minutes, and you can do them almost anywhere.

Use this handout to build your nourishment menu and keep it with you so you can use it whenever you need it. And try to pick things that are good for your health and make you feel good in a non-food way!

- Drink a tall glass of water
- Go on a short, brisk walk
- Go outdoors and scan the horizon
- Listen to an uplifting song or podcast
- Pet something cute and furry
- Call or text a friend
- Eat a piece of fruit or a raw vegetable
- Take 5 deep breaths
- Dance around the room to an upbeat song
- Organize a small area of your room, car, or desk
- Do some quick stretches
- Take a 5 minute cat nap
- Take a hot shower
- Plan out your next healthy meal or snack
- Read a good book
- Do a Sudoku or word puzzle (consider buying a book of puzzles instead of using an app on your phone)
- Journal about 3 things you're grateful for
- Draw, sketch, or color in a (grown-up) coloring book
- Play an instrument you enjoy
- Pray or meditate
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