

If you find yourself eating when you're not hungry, asking yourself "WTF" or "what is the function." Determining the root of why you are eating can help to reroute the your actions so you can eat more intuitively and find new outlets for stimulants that trigger eating when not hungry.

## Reasons You Eat When Not Hungry

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- Boredom
- Avoiding School/Work
- Stress
- Anxiety
- Something to do with your hands
- Sadness
- Social Reasons
- Eating out of habit
- Triggered by certain places

## How to find Alternate Activities

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Asking the question "What is the function?" can help you determine if your desire to eat is a physical need or is there an underlying emotional reason you are eating. Food can be a great way to comfort and occasionally eating when not hungry for social reasons or simply just really wanting to taste the cake or pasta. Times when we may be eating out of anxiousness, sadness, or habit may be better filled with other activities to work through emotion. These strategies are what we call our self-care toolbox and can be used in place of eating for emotional reasons.

## Self-Care Toolbox

- Drink tea
- Journal
- Paint nails
- Color
- Chew gum
- Call a friend
- Go for a walk
- Read a book
- Clean your living space
- Plan your day
- Knit/crochet
- Try yoga
- Light a candle
- Listen to music
- Cook a meal for yourself
- Try a meditation app
- Write a note to a friend/loved one
- Listen to a podcast
- Find a new hobby
- Learn to cook a new meal
- Get some fresh air
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