



## MHealthy Nutrition: **PLEASANT ACTIVITIES**

We all eat for non-hunger reasons at times. We may eat to celebrate, for emotional reasons or just because we feel like eating. If you are working on soothing your emotions without using food, you can ask yourself what do you need right now. Here are some ideas to fulfill the need you have identified.

### **EXAMPLES OF ACTIVITIES:**

- Work on a crossword puzzle
- Take a nice bath
- Listen to music
- Read the newspaper
- Have a good book available in a favorite spot
- Go for a walk outside, or at a gym in winter
- Sit in the park and enjoy nature
- Move around your room or building (away from the kitchen)
- Polish your nails
- Keep a knitting (or woodworking) project available
- Journal your thoughts and feelings
- Play with a pet
- Sing
- Dance
- Fix something around the house
- Write letters or notes (keep a list of names)
- Play a solitaire card or board game
- Make a pot of tea
- Do some gardening (indoor or outdoor)
- Keep a musical instrument available to play
- Go out to a café or library to read
- Have some movies available to watch
- Have painting or drawing materials available
- Develop a relaxation or stretching routine
- Brush and floss your teeth
- In the evening, get ready for bed, take your time

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Here are some examples of activities that can provide support. Most require some planning and many depend on relationships with others. Building meaningful leisure activities and social supports helps to manage the stress in our lives, and plays an important part in developing self-care.

- Call and talk with a friend
- Visit a neighbor
- Play with children (yours or other peoples')
- E-mail a friend
- Go to a movie, a play, or a concert
- Plan to walk with a friend
- Volunteer
- Go shopping or do your errands with a friend
- Sign up for a class
- Join a community sports team
- Try out a one-time community activity or lecture advertised in the paper, such as a gardening, bird watching, home improvement, historical walk, etc.
- Join a book group or start a small one with a few friends or acquaintances
- Try out a drop-in support group
- Plan to play cards or games with someone, or with a group
- Plan to bike with a friend or a local group
- List other activities you might enjoy