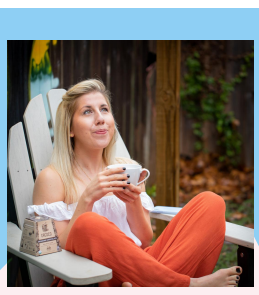
by: Ellie Rome

How to Stop Binging and Boredom Eating

Follow these 12 steps to avoid boredom and binge eating.



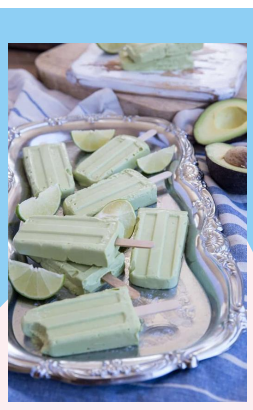
2. Choose non-edible forms of nourishment instead

Find something else pleasurable for your brain to go to in these moments that isn't food, e.g. drink sparkling water or tea, go for a walk.

4. Envision two pathways when changing your behavior

Mentally rehearse your if/then plans to make it easier to follow through with the new behavior. I always tell my clients to imagine two paths in a forest:

- Path #1 is the old pattern: Night-time Netflix and ice cream
- Path #2 is the new path: the new behavior that you'd like to adopt. For ex: Night-time Netflix and Herbal Tea.

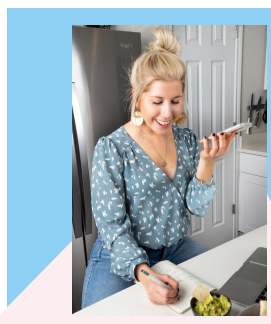


6. Make it so insanely easy to choose healthy behaviors

If you're wanting to do yoga instead of eating cookies, but when the craving hits, your yoga mat is upstairs in the back of your closet, and your yoga pants are in the wash, those cookies are going to be gone in a matter of seconds—it won't work. We've got to make the new behavior so easily accessible that you don't have time to create excuses.

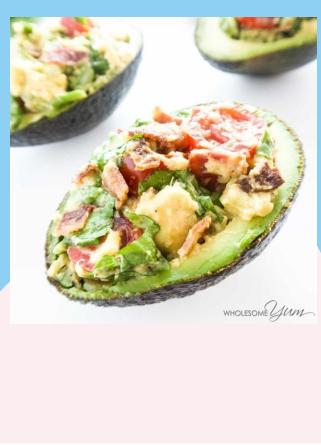
1. Tune into your triggers

Awareness is key. Get off autopilot and start paying attention to the moments you reach for food.



3. Create if/then plans

Once you can identify your common triggers, you can proactively plan for them and choose a preferred non-edible nourishment behavior instead. Get specific on what you will choose with that specific trigger.



5. Make it difficult to snack and get rid of foods with no breaks

Get real with yourself: What are you reaching for when you boredom eat or stress eat? What are your foods with no breaks? The foods you start eating and quite literally can't stop. Think cookies, chips, ice cream, etc. Get them out of the house or out of reach.

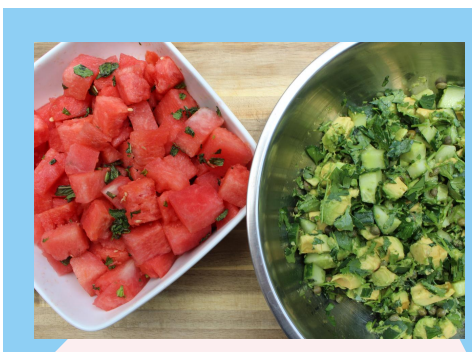
Source: https://theeverygirl.com/how-to-stop-boredom-eating/

8. Hydrate!

We often confuse thirst for hunger. Start measuring how much water you're drinking. If you're having trouble remembering to drink water, pair it with things you already do like before your morning coffee.

10. Plan your meals and create a routine

Write out what your meal plan the following day or week. Get really specific based on your schedule and what's available to eat.Take the decision making out of it so you're not mindlessly standing in front of the fridge just eating random things all day. Next, figure out approximately what time you eat. Create a routine so that you know when it is NOT time to eat.



12. Accountability

Having external accountability can make all of the difference in the world in you showing up for yourself. Get a friend to virtually meal prep together, sign up for classes, or hire a coach and use this extra time to create the life and health you deserve while you've got the chance.

7. Hungry all the time? Make sure you are getting enough protein and healthy fat

If you are feeling hungry all of the time, focus on getting in good protein and healthy fats, and be mindful of the amount of carbs and sugar you are eating.

9. Acknowledge your anxiety

When we're in a stressed-out state, we enter survival mode. From this place, it's hard not to impulsively react to triggers. Luckily, we can use simple techniques like breathwork, mindfulness, and meditation to get out of a stress state or end a negative thought spiral. Two of my favorite tools are The 5-5-7 Breath and The Body Scan.

11. Move Your Body

Right now during this isolation, movement is more important than ever. If you can do it outside in the sun, that's even better! It doesn't have to necessarily be a formal, strenuous workout. Focus more on movement and what you enjoy doing.

- Ex #1: Schedule in activities to help you move more intentionally throughout your day.
- Ex #2: Dance breaks—put on a song you love and just get the body moving.

Above all else, love yourself. Each moment is a new moment to choose for your higher self. Release perfection. Remember: one percent improvement each day leads to massive transformation.

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