

coping skills

_____ for when you need to distract yourself _____
from emotional eating

Go for a walk with your dog

Call your mom or friend

Paint your nails

Do a DIY facial

Practice Yoga

Read 10 pages of a book

Fold your laundry

Wipe down all the counters

Tidy up one room

Color an adult coloring book

Organize your bag/purse

Shower, exfoliate, and shave

Make a cup of tea