HUNGER AND CRAVINGS

Dealing with the internal triggers to eat

Internal Triggers include:

Hunger	-	Low blood sugar, rumbling tummy
Cravings	-	e.g. "I fancy some chocolate"
Thoughts	-	Start tomorrow, doesn't matter, need a treat
Feelings	-	Boredom, sadness, loneliness, depression, anger, stress, anxiety, happiness

Managing Hunger:

- Avoid getting too tired or too hungry.
- Regular balanced meals, e.g. 3 and a snack, eat off a plate, eat slowly without distractions.
- Don't have food around you, except at your meal and planned snack time.
- Avoid high calorie foods. Fill up with less energy dense fruits and vegetables.

Managing Cravings

- Distract yourself to something else.
- Check the difference with real hunger.
- Buy only healthy foods for your planned balanced meals, so you won't have the high calorie ones to tempt you.
- If you need a sweet treat, choose something small and lower calorie. Eat it slowly and enjoy every bite!

Managing Your Thoughts

- Stop and think about any unhelpful thoughts (i.e. to yourself, family or friend).
- Replace the unhelpful thought with a helpful one, e.g. "Yes I need a treat but it can be a non-food one such as a walk outside with a friend, or your choice for the family meal /activity etc. or " Well I'm not going to get upset about it I'm going to deal with it tomorrow."

Dealing with feelings

- Try and work out what you are feeling and why. Then try to deal with the why in a confident, calm and firm way. It may help to talk about it with someone you trust.
- The Change 4Life challenges are to help with this by doing something new or different!