

Activities to Distract You From Eating. Try the ones that might help keep you from eating.

Phone a friend or relative
Try on old and new clothes
Do a crossword puzzle
Clean closets
Wash clothes
Clean out drawers
Wash windows
Make a flower arrangement
Paint something
Go to the beach and collect sea shells
Crochet a present for someone
Do some knitting or needlepoint
Write a creative poem or story
Do some home repairs
Decorate something
Polish the silver
Mend something
Go bird watching
Plant a garden
Wash your hair
Iron clothes
Sew
Listen to music
Go to hear a live band
Read the newspaper
Take a nap
Take a quiet walk
Watch TV
Plan a romantic evening
Write a letter
Balance your checkbook
Take a shower or bubble bath
Sign up for a lesson in a sport or craft, (tennis, dancing, swimming, golf, bridge, painting, photography, sailing).

Go to a museum
Go to a park
Go to a pet store just for fun
Do something for charity
Obtain or care for a pet(s)
Go to a movie, play or concert
Goof off
Take a class at a School or College
Go to a party
Start a photo album
Just spend some time alone
Meditate or pray
Look at old photo albums
Think of a new hair style
Read a book
Plan a vacation
Go to the zoo
Make someone laugh
Reorganize closets, kitchen cabinets or Drawers
Spend extra time with a friend
Play a game of solitaire
Make a new friend
Browse the Internet
Develop a file of low calorie meals
Give yourself a manicure
Pay the bills
Go window shopping
Rearrange furniture
Play catch with your son
Read that pile of mail
Browse travel brochures
Study that Stock Annual Report
Go to a Craft Show
Research a stock