

# 101 things to do instead of binging.

We asked our community to help us come up with 101 things to do instead of binging. Here is what they came up with.

## **Please Note.**

Be careful when avoiding a binge that you are not just avoiding true hunger. If you are truly hungry then you should eat.

If you are not sure if your hunger is real hunger or not, postpone the binge for 5 minutes to assess if it is real hunger.

Below are 101 suggestions of what you can do the next time you want to binge eat. Try some of these to get your mind off of food.

1. Listen to your favourite music or song, and if you can sing along to it really loud.
2. Play an instrument if you do, if you don't, learn!
3. Clean out or organize something you have been meaning to for a while like your closet.
4. Watch funny videos on YouTube.
5. Focus on the wonderful things about life, better if done somewhere beautiful and surrounded by nature.
6. Make something to give to someone else
7. Lie down in your bed, close your eyes and search for one really good memory. Feel the good feeling you had at that moment, and keep it.
8. Play a computer/video game. Something that is fun, can hold your attention and uses your hands!
9. Practice some gentle yoga. It raises self-awareness and self-acceptance.
10. Read your favourite book...you won't want to take your eyes off of the page!
11. Drink a herbal tea.
12. Put on your most comfortable clothes
13. Catch up with a friend, either face to face or over the phone!
14. Play with your dog/cat.
15. Sleep.

16. Drink a glass of ice cold water and take a few deep breaths.
17. Go for a walk. Think about a positive future!
18. Message a loved one (family or friend) and tell them how much you care.
19. Go for a drive.
20. Keep a journal
21. Surf the internet, find puzzles, games etc
22. Make a collage with old magazines/newspapers.
23. Take a long shower.
24. Go out and rent/buy a film you haven't seen before!
25. Sketch the entire world around you playing with different materials and methods.
26. Practice meditation
27. Google puppies and look at the ADORABLE puppy pictures... it will make you smile for a good long time
28. Relax in a bath for a long while in order to clear your head. Listen to calming music while in your bath
29. Take a book or sketchbook to a park.
30. Paint your nails
31. Look up how to do something you have always wanted to learn; make up, hair styling, karate, origami
32. Mind puzzles like Sudoku, cross words, word searches
33. Organise your music collection. Make various playlists for different moods.
34. Creating lists of what you need to do tomorrow, keeping a space free for “you time”
35. Gardening
36. Watching TED talks, self-educating and inspiring
37. Go to the beach or a local swimming pool and enjoy a gentle swim in the water
38. Sort through old clothes and possessions around the home that you no longer use and donate them to your local op shop
39. Put on your favourite playlist and give the house a spring clean

40. Have a self-care day. Bubble bath, face mask, moisturize- all the things that make you feel relaxed and pampered.
41. Make yourself a fruit smoothie and drink a big glass of cold water, before heading off for a nice relaxing walk.
42. Start writing a blog or make a video blog
43. Make a new Pinterest board with inspiration for your next holiday, party or outfit.
44. Research a topic you are passionate about and write an opinion piece
45. Organise a surprise party for one of your friends with an upcoming birthday
46. Learn and practice mindfulness techniques- become aware of your immediate surroundings and what you can hear, see, smell, feel and taste
47. Take up a new physical activity that requires skill such as boxing, karate or Pilates. Practice at home.
48. Go for a bike ride
49. Counselling and therapy apps that provide basic CBT and mindfulness tasks could be helpful for regulating negative thought processes and refocusing towards more positive thoughts and behaviours
50. Take your basketball and go shoot some hoops
51. Start writing a book
52. Paint your bedroom a fresh new colour
53. Download a language app and begin to teach yourself a new language
54. Go rollerblading (totally retro but FUN)
55. Go for a jog in the park or on the beach
56. Go for a drive through an old neighbourhood that you used to live- remember some of the happy memories you have from that time
57. Go op shopping- find some hidden treasures, cute items for your room or even a new outfit
58. Volunteer for an organization e.g. animal shelter, homework assistance for refugees. Giving back feels good!

59. Write a list of all the things you want to achieve in the next 5 years, get excited about the possibilities the future holds.
60. Call a Helpline such as EDV (T: 1300 550 236) or Butterfly Foundation (T: 1800 33 4673)
61. Write your future self a letter that you can open a year from now- write about what you hope for the future and what you plan to do to achieve your goals
62. Call your mum
63. YouTube an easy Pilates class and stretch...
64. Water the garden and take time to appreciate nature around you
65. Look up beautiful holiday locations and plan your next holiday
66. Start a conversation in your Group Chat- start plans for your next catch up with your friendship group
67. Find a free online coding course and teach yourself some simple coding skills such as building a website
68. Organize all your photos. Download special photos from your phone to your laptop, organize in files and delete photos from your phone to clear up storage space.
69. Go and get your nails done!
70. Buy some cute material and a dress pattern and make a dress from scratch!
71. Make a vision board of everything you want to achieve in the next year
72. Take a nap
73. Learn to knit a scarf for winter
74. Rearrange the furniture to give your home a fresh new look!
75. Try to finish a 1000-piece puzzle
76. Kick the footy with a mate
77. Mow the lawn
78. Organize all the draws in your house/room
79. Read the newspaper
80. If you're feeling angry or frustrated, scream into a pillow
81. Go to the movies

82. Take your dog to the park and play fetch
83. Play a board game with your partner/housemate/family
84. Start watching a new exciting TV series on Netflix
85. Scroll your Facebook newsfeed
86. Visit a museum or gallery in the area
87. Get your family/housemates to come play a game of street cricket
88. Learn to skateboard
89. Offer to babysit or dogsit for one of your friends or family
90. Build a Lego set
91. Reach out to someone who cares and admit you're struggling
92. Play solitaire
93. Go to the beach and build a sandcastle
94. Read book in the sun
95. Take the train to somewhere you've never been and have an afternoon adventure
96. Visit your grandparents
97. Learn how to make DIY scented candles and make gifts for all your friends
98. Do the crossword puzzle in the daily newspaper
99. Take part in an online research survey
100. Pick some fresh flowers to brighten up your home
101. Write your own list of things you'd enjoy doing instead of binge eating- and do them!