

Ways to Nurture Yourself

Remember - nurturing, comforting, and rewarding yourself without food may feel awkward at first, but with practice it will feel more comfortable.

Download some new music

Buy yourself flowers

Wander through an art gallery

Snuggle with a warm, cozy blanket

Massage your feet with scented lotion

Watch replays of favourite sports

Google your favourite comedian videos

Have a tea party with a child

Put your feet up, close your eyes and relax

Relax with a good book or magazine

Have a candlelit dinner at home

Sing in the shower - loudly

Give your pet a hug

Browse in a bookstore

Do some star gazing

Send yourself a card

Phone a good friend

Set a timer and play games online

Stretch

Turn off your phone

Warm up next to a fire

Check out some new apps

Lie on the grass and watch the clouds

Walk in a park

Visit a greenhouse

Blow bubbles

Colour or sketch

Hit some golf balls at the driving range

Go for a drive with your music turned up

Book a massage

Go to the store and read greeting cards

Go fishing

Catch up on your favourite blogs

Watch a movie

Have a pedicure or manicure

Watch any show that makes you laugh

Assemble or fix something

Take photos of nature

Other Ideas

How I will nurture myself in the next week:

craving change[®]