

Addressing Mouth Hunger: A Feelings and Actions Activity

Emotions can trigger eating even when people aren't hungry. From the lists below, identify the emotions that can trigger your eating (circle them) and check off an activity from the right column that you can do instead of eating.

Feelings	Activity
#1 Stressed	<input type="checkbox"/> Read
#2 Feeling anxious	<input type="checkbox"/> Take a bath/shower
#3 Boredom	<input type="checkbox"/> Watch TV
#4 Loneliness	<input type="checkbox"/> Do an errand
#5 Depressed	<input type="checkbox"/> Talk to someone
#6 Frustrated	<input type="checkbox"/> Go to the park
#7 Happy	<input type="checkbox"/> Window shop
#8 Can't sleep	<input type="checkbox"/> Listen to music
#9 Hyperactivity	<input type="checkbox"/> Stretch
#10 Aches and pains	<input type="checkbox"/> Deep breathing
#11 Hopelessness	<input type="checkbox"/> Draw
#12 Anger	<input type="checkbox"/> Write in a journal
#13 Tired	<input type="checkbox"/> Dance
#14 Other _____	<input type="checkbox"/> Other



How many emotions did you circle? _____

How many activities did you circle? _____

Please make sure you have checked off an activity or two for each feeling circled. Doing more and eating less moves you toward healthier living.