

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE CRAVINGS:

- I tend to crave junk food when I'm stressed out. I use stress management techniques to help calm myself down.
- I keep foods that I tend to crave out of the house. For me, it's ice cream. If I even have ice cream in the freezer, I crave it all the time.
- I make a point to eat mindfully so that I know I'm filling myself on good foods. That has cut down on my cravings.
- I change my setting when I feel a craving hit. If I'm watching TV, I'll get up and go do a small task to get my mind off of it. Usually when I go back, the craving has passed.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMIZE CRAVINGS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

Herbal teas are a great way to hydrate and enjoy the flavor of tea without the caffeine.