Ways to

Soothe Yourself

Without Food

- Paint your nails.
- Do your hair.
- Look at photos.
- Play with pets.
- Cry.
- Scream.
- Laugh.
- Ask for a hug.
- Go for a walk or run.
- Read.
- Write in a journal.
- Take a bath or shower.
- Call a friend.
- Pray.
- Do a hobby.
- Have sex.
- Wrap in a warm blanket.
- Clean house.
- Organize a drawer or closet.
- Spend time playing with kids.
- Play an online game.
- Watch a funny movie.
- Watch a sad movie and cry.
- Take a nap.
- Garden.

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