



## More Marvellous Methods to Manage My Moods!

***A simple resource to begin to manage your emotions in healthier ways***

Write down a list of as many alternatives to emotional eating and drinking you can

*The key is to find a set of alternative behaviours that suit you.*

*Writing down a list of several items allows you to choose the one that best suits at the time.*

*Write down a variety of healthier things to do that are more in line with your goals and values - some that are very quick and some that take some time, some that take you out of the environment and some that can be done in it, some that engage your mind and some that help you switch it off, even activities that involve oral motions (like chewing gum or drinking water). This way you will always have more marvelous mood managers!*

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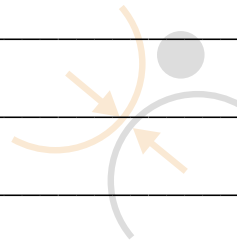
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It is important to acknowledge that while these strategies are preferable to emotional eating and drinking, there will not always be one that works perfectly. Be willing to engage with these positive behaviours no matter how challenging. Sometimes it helps to have an encouraging message, reminding you as to why it is important for you to make the healthier choice – if so, write it below!

*If uncomfortable emotions do not completely dissipate, remember that uncomfortable feelings are normal and time-limited, and actually **experiencing the uncomfortable feeling**, free of avoiding it through emotional eating and drinking, is a workable alternative.*

Put this list up on your pantry, refrigerator, or a special place at work.

When weakening old behavioural patterns and strengthening new ones – awareness is key!  
Old behavioural patterns have often been repeated so many times that they have become unconscious habits. The key to breaking old unconscious habits and developing new healthier habits is to make the choice conscious at the time when you are making it. Having a list of alternative behaviours at the exact moment your mind needs reminding helps you consciously make healthier choices that become the new unconscious habits. Over time, these become easy, automatic, unconscious, like “second nature”.