

### Managing Cravings using the SWAP Technique

SAY Say how you feel.	Are you angry, or hurt or bored or stressed? If you are genuinely hungry, eat. If not, move on to the next step.
WAIT Don't act immediately.	Imagine creating a gap between the thought "I want to eat" and the response or action of doing it. Count to 5. Take a few deep breaths (breath in for 4 seconds, breath out for 4 seconds). Try a grounding exercise to bring you into the present moment. Grounding: Choose a colour and name 5 things that you can see that are that colour. It might help to say each of them out loud. Choose another colour and repeat. You can also use other sense: what are 5 things that you can hear? Or 5 things that you can feel (e.g. Temperature, feeling of your clothing, your feet on the ground).
ADDRESS THE FEELING	Acknowledge what you are feeling (e.g. I feel frustrated) Allow the Feeling (e.g. It's ok to feel the way I feel now, I am allowed to feel this, this emotion is uncomfortable and it will pass) Understanding: think of why you are feeling this way without judging yourself (ex. I'm frustrated because I have not cleaned my apartment in 2 weeks because I was feeling depressed. I don't need to be hard on myself.)
PURSUE ANOTHER ACTIVITY Try doing an activity for at least 5 minutes.	Look at the list of example activities below (or think of you own ideas!) and create a plan of some that you will use when you are feeling strong emotions or cravings.

# **Examples of Activities**



### Activities that relax you

- deep breathing (try breathing in for 4 seconds, holding for a moment, and out for 4 seconds)
- hot bath or bubble bath
- listen to your favourite music
- drink a cup of your favourite herbal tea
- take a nap
- mediate, guided imagery, body sca

#### Activities that distract you

- read a book
- exercise
- clean
- go for a walk outside
- watch a tv show or movie
- dance or move to music
- go shopping and browse
- read a magazine or newspaper
- take care of a house plant or garden
- play with a pet, brush the pet or give it a bath
- have a picnic
- go for a hike in nature
- listen to the radio or a podcast
- go for a drive or take public transit
- create art (any kind that you enjoy, try drawing, painting, beading, knitting)
- make a card or gift for someone
- go swimming
- watch comedy
- start writing a book or poem

#### Places that comfort you

- your garden
- your cozy chair
- a park



#### People you can connect with

- call a friend or family member to chat
- chat online with a friend

#### Things that soothe your senses

- cold cloth or ice pack on your head
- put up your feet
- put on comfortable clothing
- light a scented candle or use essential oils
- hug someone you care about
- wrap yourself in a soft or heavy blanket
- take a shower or bath
- play with clay, sand, or rice in a large container
- safe place imagery

## Let's create a plan!

Warnings signs that I might eat for reasons other than hunger (What do you feel in your body? What thoughts do you notice? What might you do?)

Activities that you can try by yourself

#### A place you could go

Reaching out to others (include specific people you would reach out to and how you would contact them)

