

# Control Yourself!

You **CAN** learn to control your urges to overeat. Here are some suggestions:

- Plan ahead, have a solution ready for difficult situations.
- Distract yourself - immediately find something else to do.
- Take a **BIG** drink of water, diet soda, tea, or other calorie-free beverages.
- Put something in your mouth like gum, a Tic Tac<sup>®</sup> mint, toothpick, straw, cinnamon stick, etc.
- Do some exercise - make yourself move!
- **LEAVE!** - just get away from the situation.
- Call someone to get some support and encouragement.
- Learn how to relax yourself. Take a few slow, deep breaths. Tighten your muscles for a moment, and then let go.
- Come up with a “guiding thought” which will make you stop. Say it to yourself over and over and over again.
- Dream up some pleasant imagery of yourself being healthier, proud, more energetic, and happy.
- Think hard about all the benefits you have already gotten from losing weight.
- Pop yourself on the wrist with a rubber band. Gives you something else to think about!



**MOVE!**

B24 Version 3.0  
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