



IDEAS FOR ACTIVITIES TO COPE WITH CRAVINGS, STRESS OR ANY OTHER EMOTIONAL UPSET

This list might help you fill in the brainstorming worksheet

- Listen to music
- Call a friend
- Brush teeth
- Mindfulness exercise
- Gardening
- Read a magazine/book
- Go on social media
- Take the dog for a walk
- Go to the gym
- Do a crossword
- Take a bubble bath
- Give yourself a manicure
- Do a thought record/response card
- Stretching exercises
- Clean a press
- Write in a journal how you feel
- Have a cup of herbal tea
- Chop salad veg to prepare ahead
- Yoga
- Take a nap
- Clean up files on computer
- Look at old photos/make an album
- Make a gratitude list
- Play a board/card game
- And the list goes on

THE 5 MINUTE RULE

After you have completed this modules worksheets:

- 1) Trigger and Cravings Awareness Worksheet and the
- 2) Brainstorming for alternative activities worksheet

You will be more aware of what your triggers are. You will also have come up with a plan of what you will do the next time this trigger happens. You will also have “Response Cards” that have helped you answer back to your sabotaging thoughts. So here is a little trick you can use to implement your plan:

It’s the 5-minute rule.

The 5-minute rule is a tool for your toolbox that will help you apply activities that you have identified as coping strategies when you are faced with triggers and cravings. Let’s face it, at the beginning it will be hard to carry out the alternative activities and to respond to your sabotaging thoughts, but this is completely normal. You are after all only starting to retrain the mind. SO be patient and don’t be hard on yourself.

This is how it works:

When you catch yourself having an unhelpful thought or you are experiencing a craving

1. Think “STOP” – visualize a large red stop sign 
2. Recognise the sabotaging thought – i.e. “I deserve.....”, “I am stressed, I need....”
3. Ask yourself: “what is my coping strategy from the Brainstorming worksheet?”
4. At this stage, you may have another sabotaging thought – for example: “I don’t want to do this alternative activity. I want chocolate etc.
5. At this point your 5 MINUTE RULE comes into action !!
6. You say to yourself: “Ok, I don’t feel like doing a crossword, call a friend (or whatever your alternative activity is), **but I will do it for 5 minutes and then stop if I don’t like it**”.