There are many reasons people eat including boredom, pleasure, anxiety, busy schedule, or social gatherings. If you are eating for reasons other than to satisfy your hunger, you may have dietary habits that make it difficult to manage your weight. Listen to your body and examine your hunger (physiological need for food), appetite (desire for food), and satiety (feeling of fullness and satisfaction from eating) prior to eating.

**Hunger and Fullness Scale**

Use the following scale to rate your feelings of hunger and fullness before and after you eat.

1 = Famished, starving  
2 = Really hungry, may feel tired, weak, difficult to concentrate  
3 = Hungry, stomach may grumble  
4 = Somewhat hungry but could wait to eat  
5 = Neither hungry nor full, don’t need to eat  
6 = Feel satisfied or somewhat full, no reason to eat more  
7 = Politely full, you could eat more but don’t have to  
8 = Full, don’t need to eat more  
9 = Uncomfortably full  
10 = Painfully full, can’t eat more

**N.O.W. Technique (Need or Want?)**

When food is a thought, ask yourself, "Is this a need because I feel stomach hungry or is it a want?" If you are not hungry, wait to eat until you are hungry and find alternative activities you can do in the meantime. Reasons people might eat when not hungry include boredom, stress, feeling sad or sleepy, while studying, social situations and when tempting food is nearby. Consider the following activities you can do when not hungry:

- Blog
- Browse pictures
- Brush teeth
- Check email
- Chew gum
- Clean
- Color/draw/doodle
- Craft (friendship bracelet)
- Drink a beverage
- Go for a bike ride
- Go for a walk
- Go to the park
- Homework
- Journal
- Knit or crochet
- Light a candle
- Listen to music or podcast

  Make a collage
  Meditate
  Online shop/browse
  Organize
  Photography
  Pinterest
  Plan a dream vacation
  Play a card game
  Play a game (board, app, video)
  Play a sport
  Play with your pet
  Practice Duo Lingo
  Read a book
  Read or write poetry
  Ride your bike
  Social media
  Solitaire with deck of cards
  Stretch
  Study at the library
  Sudoku
  Take a bubble bath
  Take a nap
  Take a shower
  Take the stairs
  Talk on the phone
  Use a fidget cube or spinner
  Use silly putty or play-doh
  Volunteer
  Walk the dog
  Watch YouTube videos
  Work on a puzzle (crossword, jigsaw)
  Workout
  Write a short story
  Yoga