

## Social Distancing from Your Fridge

Being housebound is a challenge, as most of us know at this point. It's so easy to overeat with the fridge and pantry just steps away. I've heard from numerous people saying this is a major struggle for them. Part of the issue may be emotional eating or simply being out of routine. We may be in a behaviour pattern that needs to be altered. The diagram below shows the loop that you may be able to identify with.



This loop can be broken by first identifying your trigger. Are you eating because you are bored, stressed or because you really need fuel? By using some of the strategies below and focusing on being more mindful, you can start the process of successfully self distancing from your fridge.

- **Eat on a schedule:** One of the tough things when working or self isolating at home is that our time is much more flexible. We need to recreate the structure of a work day and eat at certain times. Snacks/meals should be about 3 - 4 hours apart.
- **Choosing the right fuel** can make a big difference in controlling your hunger. It starts at the grocery store and since we don't have the luxury of browsing at the stores these days, we need to have a plan and shop with an intention of what we need for the week based on a weekly meal plan. When you leave the poor choices or your guilty pleasures on the grocery store shelves, they can't tempt you during the day. Plan and prepare your snacks just as much as your meals. (ie have washed and cut fruits and veggies stocked in your fridge. whole grain crackers and small portions of nuts.) Go as far as packing a lunch in advance just as if you were going to take it to work. Eliminating the options and making decisions easy will simplify your day.
- **Get Moving:** Take periodic breaks. Get up and stretch for 5 minutes, or get outside on a longer break and get some fresh air as you power walk for 20 minutes. You'll feel good physically, and be more focused mentally to tackle your work. This also

gives you a chance to refocus and not allow a fatigued mind to give in to mindless eating.

- **The Water effect:** Always have your water at your work area and get into the habit of sipping on it often. It'll keep you more "full" and distract you from mindlessly grazing. A slice of lemon or lime can take the boring factor out of a glass of water. When you are on your way to the fridge for an unscheduled snack, fill up your glass and have a drink, it's enough to slow you down and reconsider if you really need to have something or if it is a craving.

The little voice inside your head will help you make better choices if you listen to it. We have the ability to make a conscious decision between 'good for me' and 'not good for me'.