Real Nourishment Menu

If you're bored, tired, frustrated, stressed, or any other emotion that has you hunting for food, read your real nourishment menu and choose to do something from your list instead. All the food in the world will not fill the void you're feeling, so make a list of activities that pick you up and make you feel really good. Aim for 20 or more!

Examples:
Take a walk outside
Sit outside and soak up the sun
Take 10 deep breaths
Call a friend

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