

Boredom Emergency Kit

Your Action Plan for Breaking the Boredom-Eating Cycle

How to Use This Kit

Step 1: Review all the strategies below

Step 2: Circle or highlight the ones that resonate with YOU

Step 3: Pin this page somewhere visible (fridge, phone home screen, desk!)

Step 4: When boredom strikes, pick one strategy and commit to 15 minutes before deciding what's next

Quick Activation (0-5 minutes)

For when boredom hits hard and you need immediate relief

Strategy	How It Works	Why It Works
Move Your Body 	2-minute dance break, walk around the block, 10 jumping jacks	Movement releases dopamine—the same "reward" chemical your brain seeks from food. It's nature's mood lift.
Call a Friend 	Text, call, or video chat someone (even just 2-3 minutes)	Connection interrupts the boredom signal. Social engagement re-engages your brain.
Switch Locations 	Move to a different room, go outside, sit on the porch	Environmental change resets your nervous system and distracts the autopilot eating urge.

Sensory Interrupt 🔔	Listen to a song you love, smell essential oils or coffee, hold ice in your hand	Strong sensations create a "pause button" and bring you back to the present moment.
Drink Something 💧	Glass of water, herbal tea, sparkling water with lemon	Hydration can mask hunger signals, and the ritual itself creates a mindful pause.

Deeper Engagement (10-30 minutes)

For when you need something more absorbing to redirect your attention

Creative & Expressive

- 🎨 Draw, color, or sketch (even stick figures count!)
- ✍️ Write—a journal entry, list of things you're grateful for, or even an angry letter you don't send
- 🎵 Create a playlist or learn lyrics to a new song
- 📷 Take photos around your home or of things you're grateful for

Learning & Growth

- 📱 Listen to a podcast episode (nutrition, psychology, wellness, comedy—your choice!)
- 📖 Read one article or chapter that genuinely interests you
- 🧠 Try a quick online course lesson or TED talk
- 🎓 Learn something new: a TikTok dance, a language phrase, a fun fact

Physical & Tactile

- 🧩 Do a puzzle, crossword, or Sudoku
- 🧴 Do your nails, practice skincare, or give yourself a hand massage
- 🧹 Organise one small space (junk drawer, desk corner, phone apps)

-  Water plants, rearrange furniture, or tend to a small garden
-  Stretch routine or gentle yoga (YouTube has fantastic 10-minute flows!)

Social & Connection

-  Message a friend you haven't chatted with in a while
-  Play an online game with a friend
-  Browse a community forum or group chat that uplifts you
-  Plan something fun (text about weekend plans, dream vacation, etc.)

Deep Dive (30+ minutes)

For the "boredom has really settled in" moments—time for something that fully captures your attention.

Immersive Activities

-  Watch an episode of a show or a movie you've been wanting to see
-  Read a gripping book or article (long-form is great here!)
-  Play a video game or online multiplayer
-  Start a bigger creative project: cooking, crafting, painting, writing
-  Go for a longer walk, run, workout, or sports activity
-  Spend time in nature—a park, garden, or even a nature documentary
-  Join a virtual class or workshop (fitness, art, cooking, language)

The Emergency Kit: Your Personal Playbook

 *Cut Out & Fill In Below*

My Top 5 Go-To Strategies (fill these in now!)

1. _____

2. _____
3. _____
4. _____
5. _____

Pro tip: Keep this list somewhere visible—your fridge, bathroom mirror, or phone home screen!

What's Happening (The Brain Science)

When boredom hits, your brain is essentially sending a signal: "*Hey, I need stimulation.*" Food is an *easy* way to get it because:

- It's **sensory** (taste, texture, smell)
- It's **accessible** (usually right there!)
- It's **rewarding** (dopamine hit!)
- It's **habitual** (your nervous system knows the pattern)

But here's the thing: Food isn't the *only* way to stimulate your brain. Movement, connection, creativity, and novelty all trigger the same reward pathways—without the guilt, fullness, or energy crash afterward.

Think of these strategies as **alternative dopamine sources**. They're like switching from a sugary energy drink to a good conversation—both give you a boost, but one leaves you feeling better afterward.

When Boredom Hits

 **The 15-Minute Rule:** Commit to 15 minutes of a chosen strategy. Often, by 15 minutes, the boredom urge has shifted or passed entirely.

- **Avoid the "Should" Trap:** You don't have to *like* the activity. The goal is just to redirect attention. Even something mediocre beats autopilot eating.
- **Curiosity, Not Criticism:** If a strategy doesn't work, it's data—not failure. Note it, and try something different next time.
- **Honor Your Hunger:** These strategies interrupt *boredom*-driven eating. If you're genuinely hungry after 15 minutes of engagement, that's different! Eat something nourishing and move on.

And remember...

Boredom is part of being human. It's not a *problem to fix forever*—it's a **signal to listen to**. Sometimes boredom is telling you that you need novelty, connection, rest, or growth.

Read [The Boredom-Binge Connection](#) article to learn more 🚀