

Managing Cravings using the SWAP Technique



<p>SAY</p> <p>Say how you feel.</p>	<p>Are you angry, or hurt or bored or stressed? If you are genuinely hungry, eat. If not, move on to the next step.</p>
<p>WAIT</p> <p>Don't act immediately.</p>	<p>Imagine creating a gap between the thought "I want to eat" and the response or action of doing it. Count to 5. Take a few deep breaths (breath in for 4 seconds, breath out for 4 seconds). Try a grounding exercise to bring you into the present moment.</p> <p>Grounding: Choose a colour and name 5 things that you can see that are that colour.</p> <p>It might help to say each of them out loud. Choose another colour and repeat. You can also use other sense: what are 5 things that you can hear? Or 5 things that you can feel (e.g. Temperature, feeling of your clothing, your feet on the ground).</p>
<p>ADDRESS THE FEELING</p>	<p>Acknowledge what you are feeling (e.g. I feel frustrated)</p> <p>Allow the Feeling (e.g. It's ok to feel the way I feel now, I am allowed to feel this, this emotion is uncomfortable and it will pass)</p> <p>Understanding: think of why you are feeling this way without judging yourself (ex. I'm frustrated because I have not cleaned my apartment in 2 weeks because I was feeling depressed. I don't need to be hard on myself.)</p>
<p>PURSUE ANOTHER ACTIVITY</p> <p>Try doing an activity for at least 5 minutes.</p>	<p>Look at the list of example activities below (or think of you own ideas!) and create a plan of some that you will use when you are feeling strong emotions or cravings.</p>

Let's create a plan!

Warnings signs that I might eat for reasons other than hunger (What do you feel in your body? What thoughts do you notice? What might you do?)

Activities that you can try by yourself

A place you could go

Reaching out to others (include specific people you would reach out to and how you would contact them)



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