

5 actionable tips

TO CURB LATE NIGHT SNACKING



WELCOME!

Hi Lovely!

Are you ready to get a jump start on your weight loss and put this late night snacking stuff to bed? Great! I have you covered with some of the simplest methods out there to curb your late night snacking by learning:

- the 5 major reasons you're snacking in the first place (it's not hunger!)
- the mental process of working through WHY you're doing it (so you can stop it!)
- a TON of activities that keep your brain busy and your mind off food
- and how to easily incorporate these tasks into your life seamlessly so the snacking isn't sneaking back in ;)

Before we dive in to the good stuff, let's take a few moments to understand exactly what causes you to chow down on snacks when you aren't really hungry.

1. BOREDOM

This one's a doozy. Ever catch yourself standing in the kitchen with the fridge door wide open, and then get out nothing?

Or, nothing looks appetizing enough to eat? What about grabbing the bag of chips right out of the cupboard and then eating them right out of the bag?

All of that similar stuff is boredom and mindless eating, which you probably already recognized. Your brain and all of its complex chemicals and processes are desperately trying to tell you that it needs variety, that there's nothing to do and no problems to solve! The unfortunate result, is that the "caveman" part of your brain interprets that with childlike innocence, and that means, SNACKS!!!



via Google Images

2. YOU'RE EXHAUSTED.

Both your brain and your body need fuel to keep functioning properly throughout the day. But if you're catching yourself shoving in sweet and salty snacks, especially close to bedtime (or even in the middle of the night!), that's a sure sign of needing sleep.

Now, quality of sleep is a whole lot different than quantity of sleep, but to keep this short and sweet:

If you feel like having leftover pizza AND the whole tub of ice cream at 11 PM or you're going to have an utter meltdown – you are.

That's literally your brain and body screaming for energy, much like the temper of a toddler being told they can't have candy.



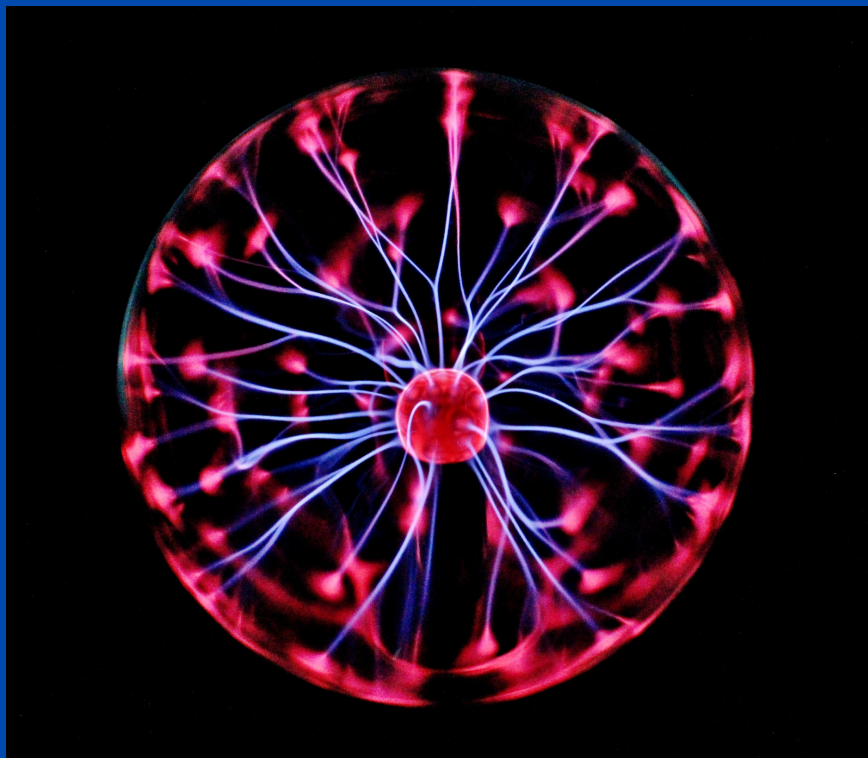
via Andrea Piacquadio

3. FIDGETY ENERGY.

Food is fuel, so it stands to reason that the more you eat, the more energy you have – which is not a bad thing! The downside to that – once again – is that the caveman brain doesn't quite get the message across effectively; *he loves the energy, and therefore he loves the food.*

That means you need more! But he doesn't realize that all the built up energy has to go somewhere. Caveman decides you should keep eating snacks, even though you aren't hungry, because that's burning energy!

This problem can show up as mindless eating (see boredom, above) at first; but it's really your caveman's feeble attempt at burning energy by keeping you moving (somewhat). It gives you something to do with your hands, your mouth, and your digestive system, which all burns energy. Caveman just has his wires a bit crossed!



via Pixabay

4. EATING YOUR FEELINGS.

Processing emotions takes brain power, and often, there's not a lot of power left over at the end of the day to work through all the events, people, and scenarios we've encountered. Sometimes, you just have a bad day and you're exhausted and craving energy (see 2.).

But the real problem begins when the late night snacking starts happening every night. If there's not enough energy (or willingness - see 5.) to process your emotions, you may, quite literally, stuff them down with feel-good snacks and foods, and even high calorie drinks. It not only gets more energy to your brain and body, at least temporarily, it also sends feel-good dopamine flooding into your brain.

Naturally, this is also the doing of our poor little caveman. He means well, and he really does try to help you by getting some extra feel-good to your system. But when all the checks and balances hit... the number on the scale keeps growing.



via Pexels

5. YOU'RE OVERWHELMED.

When snacking ceases to be just a late night adventure, and starts creeping in between most meals, this is likely why. If there's ever been a time where you're really stressed about work, life, relationships, add in a flat tire, an extra bill, some spilled coffee, and.....☹️ it just keeps rolling downhill, then you have surely experienced overwhelm.

Sometimes it's temporary, and you may need some Ben and Jerry's and a good I am cry fest to smooth things over. When the overwhelm starts spilling into apathy, avoidance, and procrastination, and you are wolfing down a pint of ice cream a night, plus some chips, and pretzels, and maybe a doughnut or two because they just smelled so *good*.... That's what I call the danger zone.

Your caveman has thrown all caution to the wind and is feeding you all the good stuff, because your mind is so desperately overloaded it's craving any relief it can get. Just like in the last section, when your feelings can't be expressed properly, and at the same time, your brain can't seem to solve enough problems fast enough, you shut down and ignore, avoid, and put off anything that doesn't feel good - including the ever-increasing number on the scale. And your little well-meaning caveman continues to "help" you, because he thinks he's solving the problem.



via Pexels

THAT'S ENOUGH WHY.

Let's dive into the simple (but effective) ways you can curb the late night snacking fits.

What can you do about BOREDOM?

When you're standing at the refrigerator, ask yourself, "Why am I here? What can I do instead of snacking?" Then, simply pick something from this list and get to it!

- Do a household maintenance task for 5-10 minutes
- Go for a short walk outside and count things (birds, trees, insects, blades of grass, clouds)
- Meditate and practice deep breathing for 5 minutes; count your breaths
- Work a puzzle
- Read a book
- Help your child with homework
- Color a picture
- Play music (or dance to it!)

Why do these tasks work to curb the snacking?

They use both sides of your brain to figure out a problem and perform a task, and they give you something active to do, which stimulates movement and curbs cravings.

GET SOME REST.

What can you do about EXHAUSTION?

Before you choose a snack, check in with yourself: "Have I eaten well or poorly today? How well have I been sleeping? Is there an identifiable reason for me being so tired? Has it been longer than 4 hours since my last meal, or 16 hours since my last sleep?" The only time a snack would be preferable than sleep is if it has been at least 4 hours since your last meal, and you plan to stay up for at least another 2-3 hours. Try to opt for nutritious food, or a small meal instead of snacks if this is the case, and avoid caffeine.

The most obvious answer here, is sleep! But if that isn't an option right away, do these instead.

- Take a hot shower or bath
- Read an interesting book or magazine
- Read an interesting book or tell a story to your child(ren)
 - If possible, try to avoid activities that stimulate decision-making, like paying bills, or organizing a closet.

Why do these tasks work to curb the snacking?

They keep your brain in a calm state so that when you do finally get to rest, you are actually ready to sleep. They are also tasks that are difficult to accomplish while eating (unless, of course, you want greasy fingerprints on your books and magazines!)

LET IT ALL OUT.

What can you do about FIDGETY ENERGY?

If not having enough energy outlets is a problem, it's likely you won't notice until you're halfway into a box of cookies. But as soon as you realize that you're snacking without any good reason, put the cookies away, correct yourself by saying, ***"No more of this - I have all the energy I need,"*** and pick one of these tasks to do:

- Wash the dog or the car
- Move furniture around
- Take a brisk walk, or do as many jumping jacks or pushups as you can stand
- Carry laundry around the house Clean something vigorously
- Dance!
- Turn on an exercise video for 20 minutes
- Any other activity (;) that gets your heart pumping

Why do these tasks work to curb the snacking?

Coupled with an admonishment to your inner caveman, you have now declared to your body and your brain that your late night snacking is not productive and you don't need the extra energy. Then, you're reinforcing that concept by burning extra energy, which will also allow for better sleep when the time comes.

FEEL THROUGH IT.

What can you do about EATING YOUR FEELINGS?

When the craving for sweet and salty food hits, check in with yourself before you open the snack cupboard: "How was my day? Is there a reasonable cause for my cravings, like PMS or hormones? How often have I done this just this week?" Just by checking in with yourself, you are now able to make a decision based in logic and reason, instead of allowing your emotions to run rampant and transform into extra junk food.

Now, that isn't to say that you don't deserve some self care on occasion - if you've had a hard day and that ice cream is legitimately going to make your night, eat it. That's self care, too. But be sure to follow the same process of checking in with yourself each night so that you aren't inadvertently self-sabotaging, instead.

And if you are developing a habit of eating your feelings, here are some things you can do instead:

- call a friend or family member (yes, call!)
- take a nice, luxurious bath
- plan a vacation
- pick out your next hair color or nail art
- ask your partner for a massage
- do some online shopping or wish list making
- research a new hobby you've been wanting to try
- plan a ladies night

Why do these tasks work to curb the snacking?

They elicit the same response in your brain that eating the junk does - they give you a feel good rush, only this one doesn't end in a big crash that fuels your next snack. And, they're good self-care - if you tend to eat your feelings, these will form alternative methods and habits that keep your inner caveman quiet, and you satisfied and feeling better.

BIG, DEEP BREATH.

What can you do about OVERWHELM?

Overwhelm is really more simple than it appears – it's the constant feeling of being out of control. First, try to find a quiet space to give your critical thinking brain some temporary reprieve. Grab a pen and some paper, and write down all the events that happened today, this week, or however long you've been feeling overwhelmed and turning to food for comfort.

Once you have that done, cross off your list the events and scenarios that are completely out of your control, like having a flat tire, or a coworker saying something nasty to you.

Once you've done that, you should have a list of the things that you CAN control. Put a number beside them and prioritize them in order of importance to get them solved starting now.

- You can employ this method each and every time you find yourself mindlessly eating, grazing the pantry or fridge for snacks, or even in the middle of the night if you find yourself awake.

Why do these tasks work to curb the snacking?

As I mentioned before, overwhelm is really the extension of eating your feelings. It's critical to understand why you're continuing on the path you're on – writing it all down and separating between the events and scenarios you can and can't control is the first step to unraveling the overwhelm. Then you can go back to the methods in 4. It works because you're taking an active approach to being in control, versus spiraling out of control.

You've already taken the first step in managing your weight and the emotions that can hinder your progress by downloading this tip sheet.

Now, it's up to you to put these tips into action!

If you'd rather get a jump start on your weight loss and a proven plan to lose twice the weight as diet and exercise alone,

Here's what to do next:

Go to this link and schedule your free strategy call.

<https://calendly.com/askcrysta/wfw>

Once we're on the call, I'll make sure you have a sustainable action plan to lose the weight and keep it off - no more crash diets or fly by night pills and potions, and no hard sales - just a proven plan that's yours to keep.

And if you're a good fit for my Wired for Wellness program, we'll talk about that, too.

So, what do you have to lose? 😊 The process begins with your decision to click the link.

CONGRATS!

Schedule your strategy call here:

<https://calendly.com/askcrysta/wfw>

***Wired for Wellness** is a 3 step hypnosis program designed to rewire your mind and transform the way you feel about your body so that you can drop the weight more effortlessly, regardless of what diet or exercise program is sustainable for you. I'm on a mission to show you that you absolutely can lose weight, regardless of where you're starting, because good health and mental wellness is your birthright.*



Crysta Foster, CHt PLRT