

# Which Type of Late-Night Snacker Are You?



Do you...

- Love going to parties and happy hours, chatting with new people, and making new friends?
- Feel like you lack the companionship or conversation you crave while at home?
- Tend to snack less on the nights that you have events vs. when you're relaxing at home with no plans?
- Generally shut off work when "work hours" are done?
- Feel like you lack a hobby or passion project?
- Sometimes feel like you struggle to fill your extra time?

Do you...

- Feel like you can never accomplish your to do list during the day?
- Turn to food to give you an extra "boost" to finish a few more tasks?
- Yearn for time to just relax and not think or do anything?
- Measure your self-worth based on the number of things you accomplish each day?
- Often feel sleepy or tired when you are snacking?
- Tend towards people-pleasing?

Do you...

- Often not care what you eat, as long as it comes in sufficient quantity to feel overly full?
- Feel hesitant to dive deep into your emotions, for fear of what might come up if you dig deep?
- Tend to eat more after a series of days that were emotionally taxing?
- Sometimes look back on your eating and not really remember what you ate or why you chose to eat it?
- Struggle to truly accept yourself or your life situation?
- Lean more towards negative self-talk than positive self-talk?

Do you...

- Tend to "throw in the towel" whenever you skip just one of your health goals?
- Often eat less healthy dinners if you've already had a less healthy breakfast or lunch?
- Feel like being truly healthy requires a lot of sacrifice?
- Mentally beat yourself up when you stray from your healthy eating ideals?
- Set your day up for "success" each morning by thinking of how little you can possibly eat that day?
- Judge yourself or your self-worth by how healthy you are?



You are a  
**"Friendship Seeker!"**



You are an  
**"Overworking Eater!"**



You are a  
**"Numbing Ninja!"**



You are a  
**"Black & White Battler!"**

# Tips for Each Late Night Snacker Type



## “Friendship Seeker”

It stinks to feel lonely, and it's easy to drown out that discomfort by turning to food. But we both know that those M&Ms are not truly your friends. Instead of turning to food, you'll feel much better when you intentionally create joy and companionship in your life with these tips:

- Schedule phone calls or FaceTime sessions with friends on at least every other night that you don't have in-person contact
- Make a “connected list” – all the groups to which you are a part (e.g. kickball league, church group, high school alumni, women lawyer's association) – and reach out to one person from one group each night
- Keep a list of fun activities that you can do at home (knitting, painting, yoga, taking an online class, learning a language, etc.) and turn to that list immediately when you feel the desire to snack
- Commit to a new hobby (e.g. guitar, photography, needlepoint) and spend at least 2 hours per week (divided time is OK) cultivating the skill
- Let yourself truly feel the loneliness or boredom, and remind yourself that it's OK to feel momentary discomfort. You are supported and loved, and you will get through this discomfort.
- Limit social media time. Even when you think it makes you feel more connected, it often does the opposite.
- Blast some music and have a dance party! Who needs a club?

## “Overworking Eater”

You work hard, and it's easy to feel like you have no space to breathe until you pop open the can of Pringles. But the constant stress and drive of overworking is not really a treat ... in fact, it's contributing to your stress the next day! Use these tips to find ways to truly relax and unwind:

- Just go to bed. So often, what we really need when we're trying to push through one last email or chore is sleep. What would happen if you left that last to-do for tomorrow?
- Meditate or stretch. I know – this is counter to your every desire right now. But your brain is crying out for some peace and calm, and these are the ultimate tools.
- Make a to do list for tomorrow. Seeing what you will accomplish tomorrow and knowing that you're in control can help alleviate the monkey mind tonight. And can you fit that one last thing you were going to do tonight into tomorrow's schedule?
- Ask what you really feel: overwhelmed, stressed, scared? What can you do to assuage that uncomfortable emotion?
- Remember that you are valuable because you are you, not because you do one more thing today.
- Ask for help. Is there a teammate, partner, or friend who can lessen your burden? Asking for help is a sign of strength.
- Make a gratitude list. It's easy to feel that you're constantly fighting for more, when sometimes stopping to realize that we already have enough is the answer.

# Tips for Each Late Night Snacker Type



## “Numbing Ninja”

Really feeling your emotions can be tough, am I right? It's often easier to numb them out and not really feel anything at all. But as we shove emotions further and further down, they fester and grow, and when they eventually do erupt, they're often more uncomfortable. Use these tips instead:

- Remember that you have overcome many hard things in your life. You are strong! You are capable! You will get through this rough patch, too.
- Spend 10 minutes visualizing your future, happy, fulfilled self. What do you want to accomplish? How do you feel? What are you free from? Reach towards those goals instead of pushing away from whatever you don't enjoy now.
- Ask what you really feel: lonely, guilty, scared? Can you accept that feeling that way is OK? Can you let yourself feel that emotion, and watch it pass as a wave passes, rather than trying to resist it?
- Make a gratitude list. It's easy to feel that you're constantly fighting for more, when sometimes stopping to realize that we already have enough is the answer.
- Make a list of things you love about yourself. What are you really great at? What qualities make you proud, and attract people to you? Make that list beautiful and celebrate it!
- Go on a walk, without any technology. Our emotions can often flow more freely and feel less intimidating when we're in motion.
- Set a timer for 5 minutes. Let yourself truly feel whatever comes out, knowing that you can stop in a while. Cry, punch a pillow, laugh ... whatever you feel is OK.

## “Black & White Battler”

Once you have 3 donuts for breakfast, the day is “messed up,” and it's better to start again tomorrow, right? Wait, not so fast ... your body doesn't “wipe the slate clean” as soon as you go to bed, just like it doesn't start over on January 1st. Rather than throw in the towel, use these tips:

- Think about how you will feel physically tomorrow if you overindulge tonight. Now think about how you'll feel if you treat your body well and wake up feeling refreshed. Better?
- Remember that there's no such thing as “starting on Monday.” Every day, every meal, every bite is a new opportunity to make yourself proud. How can you do that right now?
- Make a list of 3 things you can celebrate about your health today. C'mon, there's always something to celebrate! Had enough water? Slept well? Ate a salad with lunch? Went for a walk? Write them down!
- Find a way to treat yourself that's not food related. Can you take a bath? Call a friend? Watch that special show? It's not about deprivation; it's about what's really best for you right now!
- Know that it's OK to not be “perfect” on your health ... no one is! Can you be 80% consistent over the long haul? That's far healthier than 100% for 3 days, then 0% for 2 days. Exhausting and ineffective!
- Ask yourself whether you're automatically a healthy person if you eat one salad. Of course not! So are you automatically an unhealthy person because you ate 5 cookies? Nope!
- Distract yourself with something physical – go for a walk, drink a big glass of water, do a 10-minute yoga class on YouTube, fold that laundry that has been sitting there for 2 weeks. You may even find yourself forgetting about the food.