

May 30, 2014










Share the Wellness Tip

Getting Rid of Gluttony

Gluttony is an over-indulgence in just about anything – including food and seemingly harmless activities such as watching TV or surfing the web.

If you find yourself devoting too much time and attention to something:

-  **Cut back little by little.** If you watch TV for four hours nightly, trim tune time to three hours initially.
-  **Avoid triggers.** If you're tempted to check social network sites whenever you pass your computer, move the machine to an out-of-the-way spot.
-  **Surround yourself with healthy alternatives.** If you're a heavy snacker, replace chips with carrots.
-  **Be mindful of what you are doing.** If you consciously look at the clock when you sit down for TV time, you may better monitor how long you spend watching shows.
-  **Make overconsumption inconvenient.** If you're an Internet junkie, turn off your computer after each use. If you have to power up your computer again, you may be less likely to give in to the temptation.
-  **Check your emotions.** If you're headed to the pantry, ask yourself if you're really hungry or whether you're just looking for a distraction from feelings. Think HALT. Are you Hungry, Angry, Lonely, or Tired?
-  **Find Support.** Look for help—from mental health professionals, family members, or groups of others recovering from similar problems.

Source: Collingwood, J. (2008). *The Importance of Friendship*. Psych Central; Gallup

