



Jen Dorf Wellness
mind body nourishment

CONQUER CRAVINGS WITH MINDFUL AWARENESS

“All I really need is love, but a little chocolate now and then doesn’t hurt!”
~Lucy Van Pelt from the Peanuts

Craving: “A powerful desire for something.” Let’s get curious about what that “something” may be if time and time again numbing with food, alcohol, spending, drugs, etc. doesn’t satisfy that yearning or powerful desire.

- 1. Notice the meaning and beliefs you have created about a certain craving. There is a narrative being told. Cravings are not negative, they are an essential piece to help you understand what you need to feel fulfilled longterm. i.e. “At night while I watch tv, I often dig into a pint of ice cream or chocolate to make me feel better after a long arduous day. I tell myself I’ll start my diet on Monday though that never happens.” What else may be happening?**
- 2. Ask yourself if what you believe and what you need are true. If not, then try another approach. Often cravings arise from habitual patterns that we are not even aware of.**
- 3. Get curious about what your cravings may be trying to communicate to you. What might be the underlying desire that is not physiological? Maybe you yearn for a hug, connection, intimacy, rest, water, or someone to just listen, etc.**
- 4. Cravings or uncomfortable emotions last for approximately 90 seconds. Practice sitting (quietly with no distractions) with the craving sensation in your body for 90 seconds before “doing” anything about it. Then ride it out like a wave. Notice how the feeling escalates, peaks then slowly dissipates. How does it feel to sit with the sensation in your body. Where do you feel it? What thoughts are associated with the sensation? Take a few deep breaths while you are riding it out. It feels uncomfortable though you can learn to be ok with it. We want to distract and eliminate uncomfortable emotions and thoughts as well as cravings and even itches and bodily sensations. Practice this process daily and it will get easier for them to pass.**
- 5. Practice attending to your craving/desire/yearning in a loving, nourishing way rather than quelling it with food, alcohol, shopping, drugs etc. These short term options only create longterm problems. Call a friend, take a bath, go for a walk,**

connect with nature, drink a glass of water, take a rest, journal, read an uplifting book, give yourself a big bear hug.

Attending to cravings with curiosity, kindness, authenticity and self-compassion is a gesture of self-care and a healthy, new approach that is nourishing and empowering.

Explore what changes you can make in your life to feed you spiritually and emotionally. Get curious about your relationships, career, physical practice such as yoga, tai chi, and your spiritual practice. When these areas are more balanced and attended to on a deeper level, food will no longer be at the core of your cravings. Food can fill you though never fulfill you. Nourish yourself mentally and spiritually.