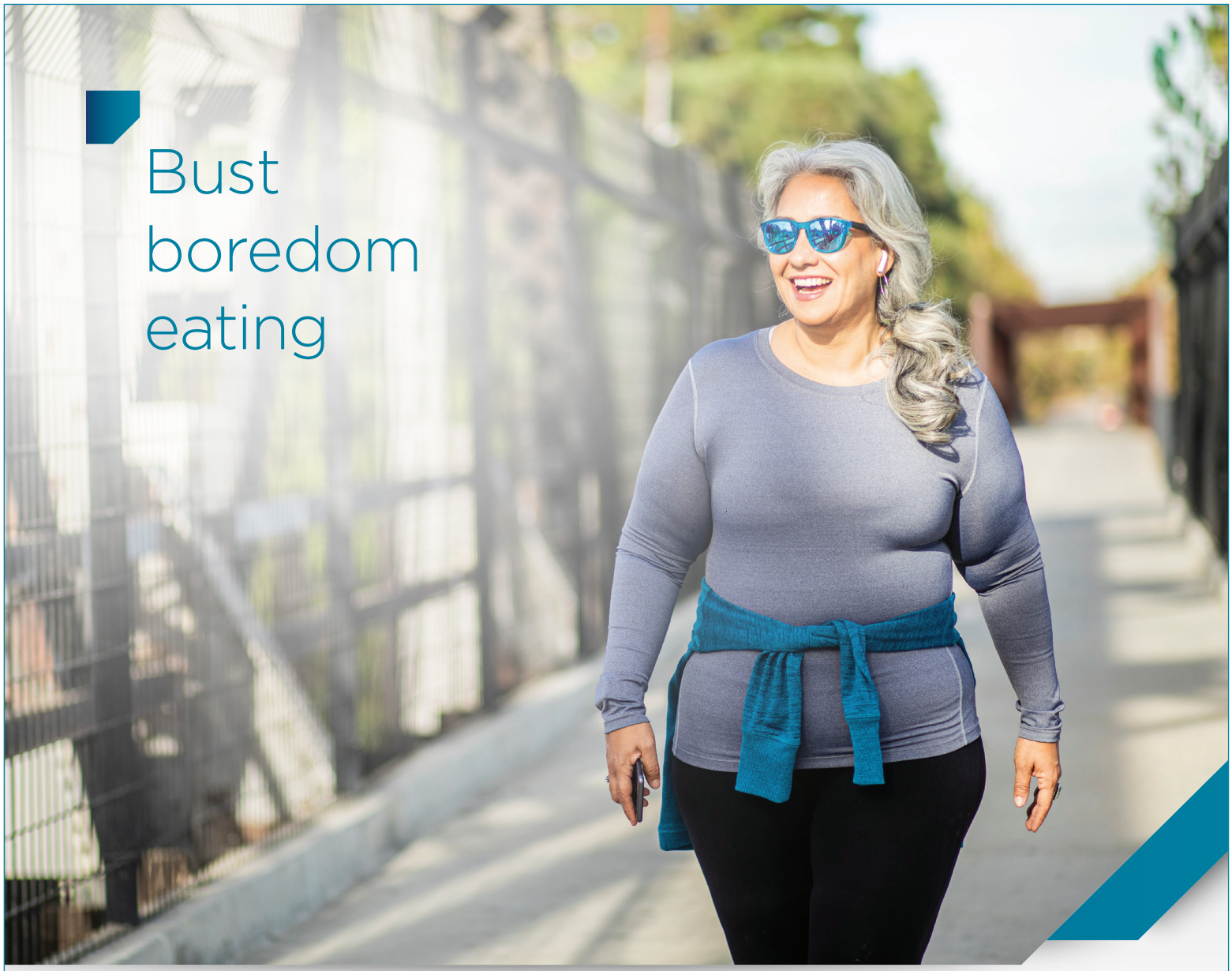
Bust boredom eating



Stop mindless snacking with these 5 tricks

1) Connect with a friend for a short chat.
2) Write down one personal strength and one personal value. Then jot down how you can apply them at home and at work.
3) Take a walk.
4) Declutter and organize.
5) Set goals and challenge yourself.

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