

MIND • BODY • FOOD

Pair Food With Something You Already Do

Attach nourishment to a familiar part of your routine

When hunger or thirst is easy to miss, an established routine can act as a reminder. This approach, sometimes called habit pairing, links eating or drinking with something that already happens regularly so the new action has a natural cue.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- Existing routines are often easier to notice than a new reminder created from scratch.
- The pairing reduces reliance on hunger awareness, memory or motivation alone.
- A flexible cue can support consistency without requiring an exact time.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Choose one routine that already happens most days.
- 2 Pair it with one small food or hydration action.
- 3 Make the food, drink or equipment visible and easy to reach.
- 4 Try the pairing for a few days, then change the cue if it is unreliable.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

Routine I already do

Food or drink action to pair with it

What needs to be ready

What might interrupt the pairing

What I noticed after a few days

A supportive reminder

Examples include morning medication with breakfast, starting work with filling a bottle, a lunch break with eating something, or an afternoon drink with a snack. Adapt the pairing to medication instructions and your needs.