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Mindful Eating & Stress Management Educational Program

New Online Mindful Eating Course!

Mindful Eating & Stress Management Educational Program with Joseph Wieliczko, Psy.D.

Time: 7:00 pm - 8:00pm **Dates:** Tuesdays, June 30; July 7, 14, 21, 28; August 4, 11, 18

Fee: \$30.00 per session, total of \$240.00 for the complete 8 session program. Limited space: 12

* A waiting list and announced dates for more programs will be made as needed.

**To receive registration information send an email with your full name and
phone number to: Drjwieliczko@gmail.com**

Today's topic: Cravings

Mindful Eating means:

- To eat in the present moment grounded in the 5 senses as well as being aware of your thoughts and feelings in the course of the day which relate to food
- To choose foods that are satisfying and nurturing to the body
- To choose to stop eating when the body says it is no longer hungry

NOTICE: MINDFUL EATING DOES NOT REQUIRE DEPRIVATION, WILL POWER, OR SUFFERING

Need to practice cultivating awareness and a tolerance for being with things as they are:

So that learning, understanding, acceptance and tolerance can develop

Mindfulness means: to pay attention on purpose in the present moment, nonjudgmental

Without AWARENESS we are destined to repeat the same behaviors and struggles

Cravings:

- Cravings is usually a psychological state - a state of mind not a state of body.
Hunger is a physiological need – a state of the body
Cravings can be both physical and psychological
Cravings are usually:
 - Stress** induced
 - Memory** induced
 - Emotionally** induced or deprivation induced (dieting)

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

If you satisfy the craving right away, you deprive yourself of the opportunity to understand the underpinnings (why you have the craving).

To be present with the craving, enables you to dismantle the need to react by eating excessively and inappropriately.

The thought process during a craving:

- **Narrow thinking**
- **Limited problem solving ability - few options**
- **Are in an agitated & energized state**
- **Poor judgment** **“If I don’t have chocolate, I’m going to die!”**
- **We want immediate relief**
- **We are stuck in our thoughts, not in our experience - thoughts dominate**

Tools: Create a space between stimulus and response!

1. Be curious!!!

- Take a deep breathe, or two - to deescalate yourself
- Center yourself in your body
- Stay with the craving and see what you can learn about yourself. **It is alright to feel uncomfortable.**

Five questions to ask yourself:

1. What type of hungry craving are you having? False or Genuine
2. How long has it been since you last ate? (within the past 4 to 5 hours or so?)
3. Are you experiencing an increase in STRESS at this time?
4. Is the craving driven by EMOTION?
5. What are you really hungry for? Companionship, a walk, stretching, entertainment, fresh air etc.

NOTICE: I am not asking you to struggle, resist, battle with the craving. I am suggesting you be in harmony with the craving as it cycles through your body, thoughts and emotions.

IMPORTANT: if you do not feed the craving, the craving will wither - It needs to be fed to continue

Thoughts,

Images,

Your imagination

(Just like fire needs oxygen to continue)

Talking

Thinking

Once you identify the source of the craving, you can devise a course of action.

Possible options: Be creative

- Eat the food you are craving for (in moderation).
- Substitute something else to eat which is a wiser choice (using your knowledge of appropriate foods)
- Meditate (breathe thru the craving)
- Call someone
- Go for a walk
- Distract yourself in some way
- Address the emotional need
- Create another option

Physical Hunger (genuine) vs. Emotional Hunger (false)

- builds gradually vs. develops suddenly (feels urgent)
- strikes below the neck vs. above the neck
- can be satisfied with various foods vs. causes specific cravings (pizza, ice cream, chocolate)
- occurs several hours after you eat vs. unrelated to time
- goes away when satisfied vs. persisting despite being full
- choose to stop eating when satisfied vs. eat more than you usually would
- eating leads to feeling satisfied vs. eating leading to guilt and shame

This week's quotes:

“Eventually, as you practice mindfulness, your relationship with food will change. Rather than being a relationship with anxiety, it will be a relationship with joy. The struggle will be over, and in its place you'll find something you've always wanted: culinary delight and culinary freedom.”

“Your master of mindful eating will grow over time. Eventually, you'll get to the point where mindfulness becomes your default mode. It will be what you do most of the time before, during, and after eating. And it will feel easy to do, enjoyable, and not need any effort.”

--Jean Kristeller, Pd.D. “The Joy of Half a cookie”

Every small step that you take is huge compared to taking no step at all. In fact, focusing on the small steps is so much easier and less overwhelming. Every big dream comprises thousands of small steps. Take one today!

—Lynn Rossy, Ph.D.

Something to believe it

Mindfulness is something we can believe in. To believe in mindfulness is safe, and not at all abstract. When we drink a glass of water and know that we are drinking a glass of water, mindfulness is there. When we sit, walk, stand, or breathe; and know that we are sitting, walking, standing, breathing we touch the seed of mindfulness in us, and after a few days, our mindfulness will grow quite strong.

---Thich Nhat Hanh