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## Mindful Eating & Stress Management Educational Program

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### Homework Suggestions: Session 1

#### Lesson Material

##### Important reminders

- Try as best you can to have an open-mind and be willing to try something new and different.
  - Best results can be obtained by doing the homework suggestions.
  - Best results can be obtained by **not expecting or focusing on results** (for example weight loss).
  - Unlike most experiences, there are no goals in mindful eating, only focusing on the moment.
  - Try to suspend judgment and instead focus on this moment.
  - For the purposes of this program you do not try to change your eating habits in any way.
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Mindfulness means:

**To pay attention, on purpose in the present moment, non-judgmentally.**

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#### Homework Suggestions:

1. Meditate once a day: for 5 to 10 minutes

Conditions for a meditation session:

- Sit upright, feet on the ground
- Back straight
- Make sure you are not hungry, have to go to the bathroom, feel cold/hot, sleepy, etc.
- Make sure you will not be disturbed by phone, family, pets etc.

\*Use the app: **Insight timer** which provides a bell tone and other features to aid in your meditation practice.

I. Go to Youtube.com

In the search bar type: Aleeze Moss

Click on the video entitled: Guided Mindfulness Meditation Awareness of Breath, April 11, 2012

10:46 minutes long

II. You can use the following guided meditation if you want:

- Go to [www.mb-eat.com](http://www.mb-eat.com)
- Go to the link on the right side called “articles/publications”
- Scroll down to “audio resources”
- Click on the first audio called “10-minute meditation with detailed instructions”

III. Go to [lynnrossy.com](http://lynnrossy.com)

- Click “Multimedia” at the top
- Looking on the right side under the heading: From “Eat for Life” program, click on the Awareness of Breath Meditation.

2. Start to be more aware as you eat and drink.  
Start with a deep breathe.

It could be a cup of tea or coffee, bowl of soup, a piece of fruit, a cookie or an entire meal.

Use all of your senses: smell, sight, touch, taste, sound, movement, thoughts, feelings, etc. to experience eating.

Notice:

- How fast do you eat?
- How much food do you put in your mouth at a time?
- Which side of your mouth do you tend to place the food?
- Is the food chewy, soft, hot, cold, dense, etc.
- Do you get distracted by thoughts, worry, feelings, time pressures, etc.

There is nothing to do, other than to be aware; pay attention.

## **This week’s quotes:**

### **Concentration**

Suppose you are offered a cup of tea, very fragrant, very good tea. If your mind is distracted, you cannot really enjoy the tea. You have to be mindful of the tea, you have to be concentrated on it, so the tea can reveal its fragrance and wonder to you. That is why mindfulness and concentration are such sources of happiness. That’s why a good practitioner knows how to create a moment of joy, a feeling of happiness, at any time of the day.

~ Thich Nhat Hanh

When you eat a peach, do you truly taste it? Or do you bite into it, chew it a little, and then swallow it without really tasting it – perhaps while thinking about something else? In meditation, we completely taste, smell, and feel the peach when eating a peach. We totally experience whenever we encounter in *this* moment.

~Steve Hagen “Meditation Now or Never”

## **Practicing with the basics**

Every meal might not get your full attention, but try to eat one meal or one snack mindfully every day. Even eating a few bites mindfully can help break the habit of mindless eating. Every time you eat can be a new discovery. Your consistent practice will reap benefits over time. Learning how to become a mindful eater is a process - complete with its ups and downs. Rather than focusing on weight loss, the focus will be on how you feel and how the food taste, smell, and appeals to the senses. When you keep bringing your focus to your internal signals in a relaxed manner with kindness and compassion, you will learn many things about yourself and the food you eat. Your internal wisdom will guide you in the direction of health and well-being.

~Lynn Rossy "The Mindfulness- Based Eating Solution"