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Mindful Eating & Stress Management Educational Program

Homework Suggestions: Session 3

Benefits of exercising self-compassion:

- Happiness
- Optimism
- Wisdom
- Curiosity
- Decreased stress
- Greater wellbeing
- Not over-identify with your experiences
- Liking yourself more
- Less depression and anxiety
- Greater resilience

To internalize a healthy (realistic) message which can affect our body, mind and spirit.

Given the 70-80% of thoughts are negative, and 98% are repeated, loving kindness is needed.

Self-Compassion is defined as:

1. Being open to and moved by one's own suffering.
2. Being able to hold painful (or uncomfortable) thoughts and feelings in balanced awareness, rather than over-identifying with them.
3. Experiencing feelings of caring and kindness towards oneself in instances of pain, discomfort or failure rather than being harshly self-critical.

We bring loving kindness by 1) pausing 2) accepting/embracing [not necessarily having to like the thought or feeling] 3) being aware of the feeling of suffering 4) trying not to judge or criticize ourselves

4. Recognizing that one's experience is part of the common human experience.

Loving kindness practice/meditation:

I

May I be filled with lovingkindness.

May I be safe from inner and outer dangers.

May I be well in body and mind.

May I be at ease and happy.

II

May I be free from inner and outer harm and danger. May I be safe and protected.

May I be free of mental suffering or distress.

May I be happy.

May I be free of physical pain and suffering.

May I be healthy and strong.

May I be able to live in this world happily, peacefully, joyfully, with ease.

III

This is a moment of suffering.

Suffering is part of life.

May I be kind to myself.

May I give myself the compassion I need and deserve.

These practices may feel mechanical, fake or awkward. It could bring up feelings contrary to lovingkindness, such as irritation, disbelief, anger or doubt. If this happens, be patient and kind with yourself. Allow whatever arises to be received with an attitude of compassion and love toward yourself.

We are watering the (already existing) seeds of loving-kindness within ourselves! Seeds that have been neglected for a long time.

What if each time you experienced emotion, you acknowledged it, accepted it, and became curious about its message for you? Imagine how this could change your life. Imagine how heard, loved and honored you would feel if you really listen to yourself.

- Anonymous

Cravings:

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

Quote: Mindfulness-awareness of the present moment-puts space between your craving and your response., giving you an opportunity to gather information and choose how you will respond.

----Michelle May MD

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

Be curious!!!

- Take a deep breathe
- Center yourself
- 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 are you having? Assess the 8 hungers.
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?

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

Possible options:

- Eat the food you are craving for.
- Substitute something else to eat which is a wiser choice (using your outer wisdom)
- Meditate (breathe thru the craving)
- Call someone
- Go for a walk
- Distract yourself in someway
- Address the emotional need
- Create another option

R: **Recognize/Relax** into what is arising (your craving)

A: **Acceptance/Allow** it to be there

I: **Investigate** bodily sensations, emotions and thoughts (“what is happening in my body right now?”)

Do not get tangled up in the thinking, intellectualizing or causes of the stress/discomfort.

N: **Notice** what is happening from moment to moment

References and Resources:

Mindful Eating:

Loring, S.T. 2010 *Eating With Fierce Kindness* New Harbinger Publications Inc.

May, Michelle & Fletcher, Megrette 2012 *Eat what you love love what you eat with diabetes: A mindful eating program for thriving with pre diabetes or diabetes* Am I Hungry? Publishing

*Rossy, Lynn 2016 *The Mindfulness-Based Eating Solution* Raincoast Books

Mindfulness Practices:

Kabat-Zinn, Jon 2013 *Full Catastrophe Living* Bantam Books

Kabat-Zinn, Jon 2005 *Coming to our senses: Healing ourselves and the world through mindfulness*

*Kabat-Zinn, Jon 1994 *Wherever you go there you are: Mindfulness meditation in everyday life*

Hanh, T.N. 2011 *Your true home: the everyday wisdom of Thich Nhat Hanh.* Shambala Publications

Other Resources:

Neff, Kristin 2011 *The proven power of being kind to yourself: Self-Compassion*

Kabat-Zinn, Jon; Mindfulness Meditation for pain relief: Guided practices for reclaiming your body and your life (audiotape)

Websites to visit:

www.lionsroar.com

www.thecenterformindfuleating.org Center for Mindful Eating

Recipe Resources:

Forks over Knives (includes website, books and the movie): www.forksoverknives.com

Suppers Programs: www.Suppersprograms.org A Princeton based resource of services (classes, recipes, presentations on proper nutrition to promote health and cope with or without medical conditions).

New Online Mindful Eating Course!

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

Location: Online **Time:** 4:00 pm - 5:00pm **Dates:** Wednesdays, May 27; June 3, 10, 17, 24; July 1, 8, 15

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

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 Rossey, 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