

Need Help in Managing Your Stress?



By Joseph Wieliczko, Psy.D.

Most people tend to struggle with their daily stress. Stress can feel overwhelming and mysterious. We never receive any formal training or a handbook on how to manage our stress. There is a mystery to it, in many ways. What is stress? Why do we have stress? What

are the causes of stress? How does it affect our body, thoughts, feelings, and behavior? How can we better manage our stress?

I have been asked many times to start a new program with an emphasis on stress management. Well, it's here! I call it the Mindful Stress Management Educational Program. I am now offering an 8-session online program to teach how to understand this issue and manage it with mindfulness practices.

There are two things I love about mindfulness. One, it taps into the natural resources we all have which tend to be unrecognized and underutilized. Two, mindfulness is not complicated. It is all about learning very simple and concrete techniques.

I enjoy teaching people how to tap into these resources and to develop a better relationship with stress so we can use stress to our advantage. If we learn how to more skillfully be with our stress, we can make simple adjustments to better manage our stress. In so doing, we can no longer feel "dragged around" by our stress. Instead, we can be in the "driver's seat". This tends to create a greater sense of confidence, well-being, and a wonderful thing I call freedom. This does not mean you will not have stress. It means stress can be more manageable and less disruptive in your life.

My program boils down to one thing: learning how to cultivate awareness and seeing what comes out of that awareness. Does this sound a little too simple to believe? It's not. These practices have been around for over 2,500 years, and in the past 40 years or so have become part of a field of scientific research showing considerable evidence to support these practices.

If you are interested in learning more, email me to receive a flyer that explains the details.

My program is an online 8-session group (\$30 per session, \$240 total) that meets once a week for one hour with a limit of 12 participants. To register and learn more about mindful eating, go to www.Mindful4life.com

Mindful Eating & Stress Management Educational Program

Joseph Wieliczko, Psy.D.

- Mindful Eating Online Training Programs
- Private Group Online Training Programs
- Complimentary Presentations to Business, Medical & Social Groups

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