

An Opportunity to Start Anew in 2024!



By Joseph Wieliczko, Psy.D.

Many of us want to make changes in 2024, including our relationship with food. There is one important thing we can do that most people rarely think of.

We tend to view our experiences as a continuum of past, present, and future.

There is no separation between the three in the minds of most people. For instance, if you are on a diet and you eat too much for lunch, you may think "I overdid it for lunch; I blew it for today." That way of thinking has a consequence. When dinnertime comes, you may have thoughts of "Well, I ate too much for lunch, so it doesn't matter how much I eat for dinner." This example shows how we assume the past (how much you ate at lunch) determines how you approach the future (dinner). These associations (or assumptions) are something we create in the mind. This is what I call "a construction of the mind."

We can choose to unlink the past, present, and future and see them as separate entities. So the

future (how much you will eat for dinner) is a new moment independent of what you did in the past (how much you ate at lunchtime). We can choose to see every moment as a new beginning, which it is. An opportunity to start anew.

People continually see the past as a forecast of the present and the future. Such associations are unwarranted and tend to perpetuate a feeling of "I could never change" and "Things will always be the same." Making the shift is very simple. All we have to do is see the present moment for what it is. It is always a new beginning. The new year is filled with infinite moments offering you the opportunity to start anew.

A wonderful and anonymous quote I found years ago reads as follows:

"In any given moment, we have two options: To step forward into growth or back into safety."

We have so much potential that many of us never tap into because of our way of thinking.

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

 A decorative border surrounding the text box, featuring stylized illustrations of various vegetables including corn cobs, carrots, and tomatoes.

Mindful Eating & Stress Management Educational Program

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

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