



## Moderation

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**“Be moderate in order to taste the joys of life in abundance.” - Epicurus**

Rule of thumb: too much of anything is probably not good!

Examples: internet, drinking, eating, exercising, etc.

Anxiety can be an outcome of engaging in something too often

Comfort vs. Numbing

The difference between savoring the wonderful taste of chocolate melting in your mouth vs. Eating 5 chocolate bars and not recognizing its taste

What to do:

1. Look at your relationship with an activity. Ask yourself how it is serving you. When is it experiencing enjoyment and when is it numbing?
2. Consider changing your relationship with numbing activities.
3. Practice mindfully engaging in the activity.
4. A plan helps keep us on track:

Example:

Watching endless hours of TV

VS. watching all the Oscar winning movies  
(one each day)

Exercise:

Examine what you are doing. Is there any behavior that could use some moderation?

Behavior: \_\_\_\_\_

How you will modify: \_\_\_\_\_

Behavior: \_\_\_\_\_

How you will modify: \_\_\_\_\_

Behavior: \_\_\_\_\_

How you will modify: \_\_\_\_\_