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I BLOG therefore I AM...NOT eating the ice cream (apologies to Descartes for the paraphrase)

Sunday, August 24, 2014

I never blog in the middle of the day. That's an early morning thing for me. This is a special case.

Today is supposed to be a rest day. I'm working on a big project. I want to finish updating my website to include the recent concert tour of my choral society before our "welcome to a new season" dinner later this week.

I enjoy web design. It was one aspect of my job as Technology Coordinator that I loved.

Adding one more trip to my website was just a matter of looking at a few hundred photos, choosing the best to tell the story, editing and organizing them, selecting the best video clips and putting it all together.

Somehow I hit a snag. I always check out the final product on assorted hardware before "going live." It looked fine on my phone, and 2 of my 3 computers. On the third machine everything is askew.

I fiddled, I adjusted, I racked my brain looking at the code.

Finally, I WANTED to eat a big dish of ice cream – a huge mound like Mt Vesuvius with chocolate syrup running down the side like lava and a cherry on top like a glowing flame. We have all those ingredients in the house.

Instead I'm typing this.

As many sparkers have said, whatever is going wrong in your life, more food won't fix it. Ice cream will definitely not fix this problem.

When I'm done typing and posting this, I'm going for a walk – a nice leisurely walk. Today is supposed to be a rest day after all. Then I'm going to check out something I read in a Spark article yesterday about determining the proper weight you should be lifting. I will try a few reps of each of my strength training exercises with progressively heavier weights, just to see how they feel.

Then I will return to my project.

I bet the solution is right in front of my eyes and my vision will not be clouded by ice cream.

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SUSANNAH31

Reading and writing blogs here is a great way to avoid unwanted eating.

And there's nothing like a walk to clear the head... for a fresh look at problem solving.



2480 days ago

v



DR1939

Good on you!

2481 days ago

v



CD13758606

Great resistance training

2482 days ago



v



PHEBESS

Way to go!!!! (And can you post a link to your website some time?)

2483 days ago

v



BLAZINGWORD

I am so proud of you for not wanting to eat that ice cream! I love ice cream too but like you

have decided I like being healthy and much lighter better. Keep up the good work!

2484 days ago



v



IFDEEVARUNS2

I once had a T-shirt (I eat therefore I am) attributed to Rene Dessertcart.

2484 days ago

v



MARYJEANSL

I'm very impressed. I am afraid I would have given in to the craving, even while knowing it was only going to hurt my body and solve nothing. I definitely need to work on my mind as much as my body.

2484 days ago

v



KATELJM

Ice cream does smear and confuse. While lifting heavier weights, focus on them, not your web

issue, otherwise it might be more hazardous than ice cream.

2484 days ago



v



EGRAMMY

I am so jealous you can do all that.

2484 days ago



v



DOVESEYES

Wonderful blog thanks

2484 days ago

v



WATERMELLEN

Great reminder -- if hunger isn't the problem, food isn't the answer.

2484 days ago

v

WUMPASTAR

100% with you here. I often turn to food when I'm facing difficulties, when it's obviously not the solution (but try telling that to a distressed you!).

2484 days ago

v



WILSONWR

Great blog! We all need to step away at times and find healthy distractions for dealing with the stress. You're right - we often find the solution almost immediately when we come back to the problem.

2484 days ago



CD4114015

Well Done!

I have never been an actual blogger but I have started reading so many of yours and like yours blogs that I seriously am thinking "someday" I may have to do that even though I REALLY don't want to. Today was a sort of bad day for me also...

Thank you so much for your candid honesty always....it helps me and others that may be like me!

I know you will have a wonderful week now because you didn't start it with a mountain of ice cream!

2484 days ago



TRAVELGRRL

SUCH a better choice! And, taking the break will undoubtedly make the problem easy to see! WTG on foregoing the ice cream, and for knowing it is NOT the solution to the problem. What a NSV!

2484 days ago



ONEKIDSMOM

Well Done!

And may you have fresh eyes when you return to the project!

2485 days ago



ALICIA363

WAY TO GO

and thanks for sparking an idea I can use ... next time, blog BEFORE the inappropriate eating, instead of after!

SPARK PEOPLE

2485 days ago



JENNBECK831

WAY TO GO

Great plan.

2485 days ago



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