Hi,

Sure, I have a few regrets. I should have never cashed the check Greta Garbo gave me after she consulted with me about diet. I never should have listened to my kids when they insisted that I get rid of my Patti Playpal doll that we found while cleaning out the garage. And I wish I hadn’t been so shy in high school.

Those are regrets I can’t take back, so I needed to put them to rest. Thankfully, I rarely think of those events anymore, and they do not have a negative impact on my current life. But there are other regrets that many of us think about every day, because they effect us profoundly throughout our lives. For many of us, those regrets can involve — and even impact — our health.

( Dangling Subject) Counseling clients, I often hear about the regrets that gnaw at them on a daily basis. “I wish I lost weight,” “I wish I exercised more,” “I wish I told my parents/kids/friends how much I loved them,” and “I wish I ate more healthfully,” are all statements that are incessantly heartfelt and painful.

**To begin to let go of a regret about a relationship,** get a pen, paper, and stamp and write a quick note to someone you haven’t connected with in ages. Even if you just say, “hi,” your snail mail letter will mean more to them than you could ever imagine.

**To begin to let go of regrets about exercise,** take a walk. Put on some comfortable shoes or sneakers, open your door, and get outside. It doesn’t matter if it’s just around the block; just take a brisk walk to clear your head. Don’t think of it as “exercise,” even though your body will benefit from the movement — do it simply because your mind deserves the break.

**To move away from regrets about your diet**, eat a fruit or veggie. If you don’t eat enough of these foods, it’s never too late to start. Every list of the healthiest foods, no matter what diet you follow, will undoubtedly include fruits and vegetables. Remember: You can’t change the past, but you can control your future. Taking any small, positive step forward will help move away from a regretful mindset and toward a more satisfied, secure state of mind.

(P.S.,I’ll admit that I have one other regret, which is that I never became a good swimmer. Hmm, maybe next summer! ☺ )

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