

HEALTHY CONNECTIONS

January, 2011 * Permission to copy granted

GIVE THANKS

May each of us find a quiet time to sit and reflect, ponder, pray, meditate and give thanks. May our wellness be intentional, thoughtful and filled with inner peace as we take healthy steps towards personal growth and healing in 2011.

Start your day off refreshed & relaxed...

Winter in the northwest can be a combination of both sunny and cloudy days. It's easy to get stuck in the gloom when the sun isn't shining, so a mind, body, spirit lift can help boost and prepare us to begin our day in a positive state. It's important to retrain our negative thinking patterns and tense muscles so we can develop healthier and happier days. Try this: 5-7 minutes before you get out of bed, completely relax your body. Start with your

feet, legs, thighs, and buttocks, and continue with stomach, back, chest, neck, and facial muscles. Next, while still lying down, think of three things you are thankful for - be specific. Do a mental body check to assure your body is still relaxed; if not, then relax those places that grew tense. Third, repeat a positive series of words that feel supportive to you ("I am a good person," "Confidence fills me today," "I am healthy"). Lastly, remember 5-5-5: breathe in for 5 seconds through your nostrils, hold for 5 seconds, and exhale for 5 seconds through your mouth. Get up out of bed slowly, stretch your body lightly and start your day with a mind, body, spirit boost!

QUOTE

**"The willow knows what the storm does not;
That the power to endure harm outlives the power to inflict it"
-Anonymous**

De-Stress Yourself!

1. Take a walk
2. Journal
3. Listen to music
4. Call a friend
5. Pray
6. Eat healthy
7. Breathe Deeply
8. Set boundaries
9. Don't procrastinate
10. Positive self-talk
11. Let it be
12. Sit in silence

From Amy's Kitchen

Zuppa Toscana

- 2 lb Turkey Sausage
- 8 Idaho Potatoes sliced
- 1 Sweet Onion chopped
- 4 Cloves Garlic chopped
- Salt, Pepper & Steak seasoning - 5 to 6 shakes
- Handful of Kale washed & chopped
- 3 Chicken Bouillon Cubes
- Stock pot of water (2/3 of the way filled)
- 1 qt. Light Half-n-Half

Place water, salt, pepper, seasoning, bouillon & potatoes in pot. Cook until potatoes are almost done. Brown sausage, onions, and garlic - add to stock. Simmer 15 minutes. Add kale and cream. Simmer 5 minutes and serve. Enjoy!

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Inspiring Words...

WHO ARE YOU?

It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing. It doesn't interest me what planets are squaring your moon. I want to know if you have touched the center of your own sorrow, if you have been opened by life's betrayal or have shriveled and closed for fear of further pain.

I want to know if you can sit with pain – mine or your own – without moving to hide it or fade it or fix it.

I want to know if you can be with joy – mine or your own – if you can dance with wildness and let the ecstasy fill you to the tops of your fingers and toes without cautioning you to be careful, to be realistic, or to remember the limitation of being human.

It doesn't interest me if the story you're telling is true. I want to know if you can disappoint another to be true to yourself, if you can bear the accusation of betrayal and not betray your own soul.

I want to know if you can be faithful and therefore be trustworthy.

I want to know if you can see beauty, even if it is not pretty every day, and if you can source your life from God's presence.

I want to know if you can live with failure – yours and mine – and still stand on the edge of a lake and shout to the silver of the moon, "Yes!"

It doesn't interest me to know where you live, or how much money you have. I want to know if you can get up after the night of grief and despair, weary to the bone, and do what needs to be done for the children.

It doesn't interest me where or with whom you have studied. I want to know what sustains you from the inside when all else falls away.

I want to know if you can be alone with yourself, and if you truly like the company you keep in the empty moments.

-Oriah Mountain Dreamer
(Native American Elder)

QUOTE

"in this world all things are connected; thou cannot touch a flower without troubling a star."

-ralph waldo emerson

Amy Childers

Counseling, LLC...

Working with individuals, couples and families on a variety of issues: depression, anxiety, life adjustment, marriage, parenting, grief, trauma, post traumatic stress, abuse and addiction.

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*respecting people in a confidential and empathetic setting

*insurance accepted; cash, check or credit card

*day, evening & weekend appointments

*EMDR trained (Eye Movement Desensitization Reprocessing) for trauma, grief, abuse & combat survivors

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