

# HEALTHY CONNECTIONS

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## NEW YEAR WISHES

*Hoping for personal growth, inner peace and a joy-filled new year.*

*May we open ourselves to the newness of each day and offer a positive intention of change for self, for family, for work.*

*Try and find at least 15 minutes each day of quiet time to sit and reflect, ponder, pray, meditate and give thanks.*

*Write down a few goals – leave some loosely defined so there is room for unexpected surprises.*

*And define some of your goals so you balance diligence and grace.*

## Inspiring Words

From the Andrews and McMeel gift books, "An Angels" listen to these words: "An angel is a guardian, friend, teacher, intercessor, inspiration, and much more. We all have many angels who are eager to help and guide us if only we will pray and ask for their support.

Sometimes these angels are spirits. Sometimes they are human beings whose love and dedication make them seem like angels to us."

**"We cannot part with our friends; we cannot let our angels go."**

**-Ralph Waldo Emerson**

Our relationships with our friends can be a vital part of our health and well-being. It is important to spend time with a friend whom you trust, laugh with, share dreams, hope with, share sadness with.

Whether you are an introvert or extrovert, a friendship is an important relationship to have. And, it is important to make the time in your schedule to spend with friends.

Cultivate a friendship with someone who you'd like to know more.

Heal a friendship that has been strained.

Keep encouraging a friendship that already exists.

## From Amy's

### Kitchen:

#### ***Tortilla Soup***

- 1 sm sweet onion chopped
- 4 garlic cloves minced
- 7 cups chicken broth
- 2 28 oz cans San Marzano
- peeled & whole tomatoes w/juice - chopped
- 2 cups cooked chicken
- 1 jalapeño minced
- Salt, Pepper, cumin

Sautee onions, jalapeño and garlic in olive oil. Add seasonings to taste, broth, tomatoes. Bring to boil, then simmer and cover 20 minutes. Add cooked chicken; season more to taste. Serve with chopped cilantro, tortilla chips and Monterey jack shredded cheese. Enjoy!

## 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.

\*50 minute sessions

\*respecting people in a confidential and empathetic setting

\*insurance accepted; cash, check or credit card

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

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