

HEALTHY CONNECTIONS

February, 2011 * Permission to copy granted

GIVE THANKS

Invite your thoughts and your feelings to agree with one another. And, when they do not, will you still be gentle with yourself? Will you still allow room for growth, mistakes, success and transformation? Or, will you continue to beat yourself up with negative words and old, unhealthy habits? The time is yours to embrace...what you choose to do with your time is up to you. You do possess all that is lovely.

Interactions with One Another...

In his book, Always Kiss Me Goodnight, J.S. Salt compiles 147 thoughts by children on raising the perfect parent. These instructions know not a barrier in age, race, gender or creed. They could be used in all types of relationships:

- let the house be peaceful
- sometimes can you play with me and not say no?
- let me have a vote in things we do together
- knock on my door-don't barge in

- don't fill my life up every minute of the day
- let me have my own style
- when I'm down, raise me up
- read to me
- treat me like you would like to be treated

QUOTE

"In silence we will find new energy and true unity. Silence gives us a new outlook on everything."
-Mother Teresa

De-Stress Yourself!

1. Learn something new
2. Smile
3. Decrease Caffeine
4. Volunteer
5. Complete one task
6. Throw it away
7. Clean a cupboard
8. Donate
9. Less Computer
10. Stretch in the morning and night
11. Listen
12. Decrease sugar

QUOTE

"It is only with the heart that one can see rightly; what is essential is invisible to the eye."
-Antoine De Saint-Exupery

From Amy's Kitchen

Chicken & Mushroom Risotto

- Meat from 1 rotisserie chicken
- 8 oz mushroom sliced
- ½ sweet onion chopped
- 3 cloves garlic chopped
- Salt, Pepper, 1 tbsp chopped fresh thyme
- 2 Tbsp olive oil
- 2 Tbsp butter
- ¼ c white dry wine or apple juice
- 6 cups chicken broth
- 1½ c uncooked Arborio Rice

Add mushrooms, onions and garlic to half the melted butter and oil and sauté about 15 minutes. Set aside. Add remaining oil and butter to skillet. Once melted, add rice and stir for 2 minutes. Pour in wine and reduce heat to medium low. Add broth 1 cup at a time until all broth is absorbed and rice is done, about 20 minutes.

Add chicken and mushroom mixture. Add more broth if necessary. Season with salt, pepper and garnish with thyme.

Enjoy!

Amy Childers Counseling, LLC

Amy M. Childers, MA LPCC

115 West Front Street, Perrysburg, OH 43551*419-283-2732

email: amychilders@amylistens.org website: www.amylistens.org

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Inspiring Words...

Found in Old St. Paul's Church, Baltimore, 1692

“Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others as everyone has a story.

Avoid loud and aggressive persons, they are vexations to the spirit, If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble, It is a real possession in the changing fortunes of time. Exercise caution in your business affairs for the world is full of trickery. But let this not blind you to what virtue there is. Many persons strive for high ideals and everywhere life is full of heroism.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune, But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whoever you conceive God to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy.”

QUOTE

“An unexamined life is not worth living.”

-Socrates

MEDITATION

There are many styles of meditation and many reasons to meditate - for therapy, for stress management, for knowledge, for devotion, or simply as a break in the day.

Meditation is not only for Yogis and Zen Masters – anyone can benefit from meditation!

At any given period in the history of man, meditation has been an excellent remedy for the over-stimulation, stress and anxiety of society. Different types of physicians – both medical and holistic - recognize the benefits of meditation and recommend meditation to their patients.

Scientists have examined meditation from all angles and not one can refute the positive physical, emotional, psychological and physiological benefits that a regular meditation practice can have on the human spirit.

Go to: www.wikihow.com/Meditate and learn the “how to steps” of meditating such as time, environment, posture, relaxation, attention, mantra (repetition of a word or phrase that you choose), breathing, tips, and a video to help teach us see meditation in the process.

Take a peaceful step,
and try meditation!

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