

HEALTHY CONNECTIONS

April, 2011 * Permission to copy granted

Exploring our Senses...

Hidden Treasures to help work through our stressors...

Gather a few stones, a candle, chocolates, a card and pen. As you find these treasures, pay attention to your five senses – sight, touch, hear, smell, and taste. Learn to identify, honor, and deal with the stress in your life today!

Stones – round, smoothed, curved like a women’s body, solid and holding it all together – work, children, marriage, friendship, mid-life, family, new endeavors. Take a moment and hold the rock in the palm of your hand. Close your eyes. What images pop in your mind? How is your breathing? What do you need to honor? What do you need to let go? **Gain strength from the foundation of the stone.**

Candles – light shining forever, a burning desire – a loved one’s memory? a new idea? a passionate lover? old anger that keeps taking your energy? Take a moment a stare at the light.

What do you see? What do you feel? Stay with it or let it go? Allow the flickering to dance before your eyes. **Gain insight from the warmth of the flame.**

Chocolates – chewy, tasty explosions of cocoa that bring a smile to your face. Satisfaction. Sweetness to honor cravings – an indulgence. What do you taste? What do you smell? Be kind to yourself...you deserve something good. **Gain passion from the delicious treat.**

Card and pen – thoughts and feelings in written form, words from your heart expressing love, old anger, hurt, or joy. What is your passion? Can you gather the strength to write a letter to someone who needs to hear from you? Can you gather the strength to mail it, deliver it, or rip it to shreds? Only you can decide. **Gain forgiveness from the wisdom of looking within.**

“We’re always trying to move out of the darkness, when all we have to do is turn on the light.”
- steve potter

STRESS: GOOD OR BAD?

Eustress – the type of stress that results from a positive stressor such as anticipating a date, birth of a child or the first day on the job/school. This type of positive stress enhances longevity, productivity and life satisfaction.

Distress – the type of stress caused by a negative stressor such as a flat tire, bad grade, argument with a spouse. Distress that goes unresolved or uncontrolled can result in physical and psychological problems; even sickness.

The right balance of stress can keep you going strong.

Stress energy can be used to positively meet life’s challenges. Stress is not all bad; positive stress can create a rich & satisfying life. (parlay international, 90’)

**Natural Highs...
giggle, pray, dance,
read, write, earn,
plant, give,
encourage, love,
thank, smile, cry,
heal, ponder, hug,
believe, sing,
nurture.**

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Inspiring Words...

Just up the road from my home is a field with two horses in it. From a distance, each horse looks like any other horse. But if you look closely, you will notice something quite amazing.

Looking into the eyes of one horse will disclose that he is blind. His owner has chosen not to have him put down, but has made him a good home.

When you stand nearby and listen, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to the horse's halter is a small bell that lets the blind friend know where the other horse is so he can follow.

As you stand and watch these two friends, you'll see that the horse with the bell is always checking on the blind horse, and that the blind horse will listen for the bell and then slowly walk to where the other horse

is; trusting that he will not be led astray.

When the horse with the bell returns to the barn each evening, it stops occasionally and looks back, making sure that the blind friend isn't too far behind to hear the bell.

Like the owners of these two horses, God does not throw us away just because we are not perfect or because we have problems or challenges.

We are watched over and others are brought into our lives to help us when we are in need. Sometimes we are the blind horse being guided by the little ringing bell of other people in our lives. Other times we are the guide horse, helping others to find their way.

With this, honor where you are at in your life, be open to growth and change, and trust that you are not alone on your journey.

"Always know in your heart that you are far bigger than anything that can happen to you" -dan zadra

From Amy's Kitchen

Red Wine Vinegar Potato Salad

*5 lbs. red potatoes boiled until tender, sliced, sprinkled with sea salt & pepper
*2 jars real Hormel bacon
*1 medium sweet onion, chopped
*4 green onions, chopped
*1 small bunch parsley, chopped
*sea salt, pepper, garlic to taste
*1c. red wine vinegar
*1/2 c. extra virgin olive oil

Let potatoes cool until able to handle. Meanwhile, mix red wine vinegar and olive oil; set aside.

Layer all ingredients. Fold in oil and vinegar a little at a time. Serve warm or chilled.

Enjoy!

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