

Fall 2010



# BAYSIDE BEACON

### Helping Clients With:

- Individual Therapy Sessions for Children, Adolescents and Adults
- Family Therapy
- Couples Therapy
- Group Therapy
- Healthy Bodies, Healthy Minds: Educational Workshops for All Ages
- New Day, re-New You: Woman's One Day Workshop of Self-Discovery.
- Community Support through Educational Presentations in Local Schools

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## CREATING A BALANCED LIFE

When I think of times that I am feeling relaxed, happy and content in my day I notice it is when all the balls I juggle on a daily basis are up in the air and not one has fallen. It takes effort to maintain this feat of defying gravity. There are moments of struggle to keep the momentum going when more attention is needed for someone or something else. These are times we may hold onto some balls while juggling others. The goal is to quickly get all the balls up in the air again. This newsletter highlights ways to have a more balanced life.

## PROMOTING HAPPINESS AND BALANCE IN YOUR LIFE

When I think of balance in one's life many topics come to mind. I believe all of these aspects of self are vital for a healthy and happy life.

### Personal Time:

- Time for yourself to do something relaxing or energizing that makes you happy.
- Time with your family. Making each person feel important and building bonds through interaction and activity.
- Time as a couple. No matter how many years you have been with your partner there must be "date nights" and putting effort into creating excitement to keep the romance alive.

### Work:

- Be organized and work in a clean work space. This helps to feel less overwhelmed by clutter and allows for the flow of creativity. Also to-do lists are great for keeping on task and seeing what you have accomplished.
- Take pride in what you do well and learn more about challenges that await you.

- Find what motivates you to keep performing at your optimum best.

### Mental Health and Wellness:

- Honor yourself. Validate your life and accomplishments. Listen to your thoughts and feelings without minimizing them.
- Speak your truth. Saying what is important to you and not letting fear hold you back.
- Give love and support to yourself and others. Say words of encouragement and focus on positive self talk. Give power to what you desire in your life by believing you can succeed.
- Surround yourself with positive people wherever you go. Don't let yourself be pulled into negativity that may be going on around you.
- Don't avoid problems. They don't just disappear and the sooner they are dealt with the easier it is to move forward.
- Decide to no longer hold onto issues of the past. When anyone begins to speak about the past less power is given to memories of an event. This

promotes the ability to let go of anger, guilt or shame.

### Physical and Nutritional Health

- Be active. Engage in exercise or an activity you enjoy.
- Avoid emotional eating. Before reaching for a snack ask yourself "am I really hungry?" and "what am I feeling or thinking right now?" So often over-eating is based on emotion and it is best to identify and deal with the emotion properly.
- Your body is a temple and should be respected and rejuvenated. Relaxation is important and techniques such as yoga, meditation and massage therapy are great for restoring energy.

### Financial:

- Live within your means. Avoid debt. If you have debt create a plan to free yourself.
- Create a budget. Be aware of what money is coming in each month and how it is going out of your pocket.
- Create a savings account. Money should be put into this account each month for emergencies and larger expenses.

Written by: Dena Otrin, LPC

## QUESTIONS FOR YOUR JOURNAL: ARE YOU LIVING A BALANCED LIFE?



I hope the article "Promoting Happiness and Balance in Your Life" helped you stop and think about your own life and the aspects one can assess when aspiring to living a balanced life. It can be a difficult and time consuming task, but we all know that positive change and achieving personal happiness is well worth the effort. It is important to take the time to write down your thoughts and feelings while discovering the changes that are required to promote more peace and happiness. Here are a couple of questions to use as guides for this exploration of self:

1. **How do I think I am doing with balance in my life?** Note your level of stress, frustration tolerance, happiness and calmness within your days to help evaluate this question.
2. **What aspects of my life need more balance?** Track when you feel concerns of imbalance such as sadness, anger, loss of control, or feeling like you have "lost yourself". Who is around you? What is going on? You may discover a pattern of behavior you did not know existed.

Once you have thought about these questions and identified areas of imbalance it is time to prioritize them in order of importance and brainstorm options to increase balance in your life. Evaluate the options and choose ones that best fit for you and your family. Now put them into action! Write about the process daily or each time you focus on a goal towards a happier and well balanced life.

## BALANCE, SERENITY, HEALING

We all need help staying on track from time to time. Keeping up with everyday life such as demands for your time and attention at work, at home, in your relationships and finances tends to nudge us off-center.

Our very bodies even strive for homeostasis, or balance in everyday function. Every system in our bodies, nervous, digestive, muscular and even our ability to think and reason work best when we're in balance. Every single human body works this way, no exceptions. We are truly all in the same boat.

Here's how Massage can help you stay closer to your center.

People who have massage experience about the same reduced anxiety as those undergoing therapy and/or medication -Science Daily (Mar. 11, 2010.) Imagine what *adding* massage to an existing treatment could do. There is likely a combination of these ingredients: therapy, medication and massage, which works best for you to nudge you back toward homeostasis: balance. Always talk with your Doctor before you change any treatment or medication.

People who get massage have fewer tension headaches and just plain feel better in general -Science Daily (July 11, 2010. Hmm... it seems the effects of massage can spread.

Researchers in Cedars-Sinai's Department of Psychiatry and Behavioral Neurosciences have reported people who undergo massage experience measurable changes in their body's immune and endocrine response -Science Daily (Sep. 9, 2010.)

Peoples' blood level of related hormones was measured periodically from 5 minutes before to an hour after the massage.

Translation: The actual chemical changes measured in the blood mean

- Massage boosted the body's immune system; the ability to fight off disease and stay healthy.
- Massage may reduce aggressive feelings and acts.
- Massage reduces stress hormones which are known to cause weight gain
- Massage reduces the over-production of cytokines which are involved in disease and inflammatory conditions such as Arthritis.

These effects occurred, even though blood was collected **8 times** in 2 hours and the massage was only 45 minutes. Wow! Really cool: the effects of massage are cumulative. If 'relaxed' is what you feel like after a massage, having regular massage will have you feeling more relaxed, more often. Even in-between appointments, the massage 'lasts longer.'

Massage Works offers a B3G1 package. Call 860.395.7716 to ask about our best rate, the 'Club Ahhhh' Package. Massage Works makes the Ahhhh of massage affordable and convenient for us worker bees.

At our Clinton and Middletown offices, we offer Deep Tissue, Myofascial Release, Reflexology, Reiki and point-specific medical massage for Carpal-Tunnel prevention, Low-Back and Rotator-Cuff and a variety of repetitive stress/strain issues.

**P. J. Pape has been a Nationally Certified Massage Therapist since 1998, practicing in CT since 2005. P. J. has taught the body sciences, hands-on techniques and ethics for several massage therapy schools. Lucy dog and her P. J. are a registered pet-therapy team. Call us at 860.395.7716. You'll feel better.**



Be a part of the "Club Ahhh" experience!

**SLEEP: A STEP TO BALANCING YOUR LIFE**

So often we underestimate the value of a good night’s sleep. How often do we get less sleep than our body needs; and, do we even realize it? Few people really understand that sleep is vital to our body’s ability to heal physically, our mind’s ability to release and refresh and our spirit’s ability to rejuvenate. Sleep gives you structure and orderliness in your day-to-day routine which is a good thing because tired people miss out on opportunities and make careless decisions; not to mention the moodiness people experience when they are tired. Without proper rest, you are not balanced therefore, not functioning to your highest potential. Do you have restless sleep? Do you find that your mind continues long after you have made the decision to go to bed?

Many people tend to beat themselves up if they are wide awake at night when they “think” they should be sleeping. Often the internal dialogue goes something like this “Go to sleep. I have to get up in the morning. I can’t stay awake any longer I need to sleep. What is wrong with you?” And for others, the dialogue can be much worse. This internal dialogue can become toxic to you because those thoughts feed your subconscious mind; it is comparable to eating unhealthy foods for your body - it does the opposite of nourishing. Surely, this is not a way to get to sleep nor is it a way to create balance and harmony in your life. Remember thoughts are food for your mind. Rather than focus your thoughts on how you need to get to sleep, try to do something more beneficial instead. Here are some useful ideas to try.

- Write. If it is your thoughts that are keeping you awake then you must find a way to give your brain a rest. Keep a pen and paper by your bedside so that you can write out your thoughts—this gives your brain a break.
- Drink Tea. Rather than reach for the latest sleep aids that have been developed by science, try a cup of hot tea. There are some great herbal teas that have been created to help ease your mind and calm you down for bedtime. If you have never tried tea, you will find that not only do they offer a pleasant aroma, but they pack a punch in their power to relax and comfort you.
- Turn off the TV. Stop watching television two hours before bedtime. Television creates unnecessary chatter in your subconscious mind. Most people think of television as a great way to “unwind” at night, but often the programs on television and/or the choices people make for watching is anything but relaxing.
- Read. If you must do something to unwind before bed, grab a hold of a book. Even if you are not an avid reader, it would be beneficial to have a book to read prior to falling asleep. It will relax you and help you get to sleep. Often times we develop tired eyes and off to sleep we go.
- Move. Get up out of bed and take a walk around your house. If you need to do something else, go ahead and do something else, but don't lie in bed tossing and turning - it only prolongs the sleeplessness and your frustration.
- Create your ideal sleeping area. Make sure the energy of your bedroom is peaceful and relaxing. Take steps to make sure your bedroom stays your sanctuary from color choices you make to room darkening shades to blocking out sound. Most importantly keep work out of your bedroom so you can separate psychologically from work.

If you find yourself not sleeping and wondering how to get yourself back to sleep--you are not likely to go to sleep. Try one of the suggestions above and realize the first try may not work. You have developed habits that take time to change; therefore, allow yourself the time to develop a new habit. Remember, everything takes practice so too does creating balance in your life. Sleep is key to establishing the foundation of strength that you will need to balance your life and find inner peace.

By: April Ann D’Amato Spiritual Intuitive, Holistic Life Coach, RMT. Contact April at: [www.soulstarhealing.com](http://www.soulstarhealing.com) or at 860-985-0211.

**EDUCATOR RETIREMENT WORKSHOPS... BALANCING FINANCES!**

Morgan High School, Clinton

September 28th & October 26th 7:00pm to 9:00pm

Learn about:

Pension options - Plan N v. D and when to retire	403(b)s for the new 2009 regulations
How to take income from your assets	Maximize your pension with life insurance
1% account and Voluntary account options	Long-term care insurance
Roth IRA's and Roth IRA Conversions	New Rules for 2010



Call and schedule a complimentary confidential consultation or join us at one of our workshops!

Register now! Leave your name, address # and school system and # of attendees (spouses encouraged to attend) at 860.669.9900 ext 1 or email [tracy.mackinstry@LPL.com](mailto:tracy.mackinstry@LPL.com). Securities Offered through LPL Financial, Member FINRA/SIPC

MacKinstry Financial & Investments, LLC

Educators Retirement Consulting

Tracy A. MacKinstry, CFS

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## Visit our Website to:

- Learn about Dena Otrin, LPC
- Email Dena directly
- Check the Insurance Companies and Employee Assistance Programs that we accept
- See All Group Offerings and Download PDF versions of Flyers
- Get Directions

## **NEW!!! Healthy Bodies, Healthy Minds Family Workshop at the Valley-Shore Y**

Healthy Bodies, Healthy Minds Family Educational Workshop is led by Dena Otrin, Licensed Professional Counselor and Amy King, Registered Dietitian.

This is an 8 week workshop for families who are interested in discovering how their emotions and daily stressors affect food choices and eating patterns.

The workshop runs from October 11 – November 29

Mondays from 6:30pm to 7:30pm.

The fee is \$40.00 per family each session. Minimum age is 9.

Call Valley-Shore Y at 860-399-9622 to register.

*Invest in your family today!*



## **FIND THE RIGHT BALANCE... WITH YOUR FOOD**

One of the best ways to improve your health and ensure a healthy weight is to find the right balance in your diet. Carbohydrates, proteins, fats, vitamins, minerals and fiber are all essential for optimum health. Finding the right balance of your nutrients is necessary to avoid feelings of deprivation and food cravings that may result in unhealthy food choices. Consume a variety of nutrient dense foods and drinks from the basic food groups to achieve that healthy balance.

One of the main reasons for having food cravings is due to blood sugar fluctuations. It is important to fuel your body with the right combination of foods all day long to keep blood sugar levels steady and keep you energetic and satiated.

Carbohydrates are the body's preferred source of energy. It is important to fuel your body with complex carbohydrates (whole grains, fruits, vegetables, beans, legumes) each day, avoiding refined, processed carbohydrates (white, refined grains, sugars, processed foods). Eating at least 3oz-equivalents of whole grains/day can reduce the risk for heart disease, help with weight management and decrease risk for other chronic diseases.

Protein provides a source for growth and repair in our bodies. It is necessary for building lean muscle mass which in turn increases our metabolism. Choose lean sources of protein such as lean cuts of meat and pork, poultry, fish, eggs, beans and low-fat dairy products.

It is also essential that you consume enough fat in your diet to allow the body to function properly. Fat provides a source of energy for the body and contains fat soluble vitamins. All fats however, are not created equal so be sure to choose "healthy" fats such as oily fish, nuts and vegetable oils, avoiding saturated fats (butter, palm oils, high fat animal products).

Combine healthy foods every day to receive all of the nutrients your body needs. Your diet should be rich in fruits, vegetables, healthy carbohydrates, lean proteins and healthy fats. By properly balancing the foods you eat, you will have a greater chance of achieving optimum health and wellness.

### TURKEY CHILI

- |                                 |   |
|---------------------------------|---|
| 10 oz. extra-lean ground turkey | 1 (15oz) can black beans, rinsed              |
| 1 medium onion, diced           | 2 (15oz) cans fat-free, low sodium beef broth |
| 2 (28oz) cans diced tomatoes    | 4 celery stalks, diced                        |
| 2 medium zucchini, diced        | 2 green bell peppers, diced                   |
| 2 medium yellow squash, diced   | 1 (1 -1/4oz) pkg. dry chili seasoning         |

Spray large non-stick skillet with non-stick spray and set over medium-high heat. Add turkey and onion and sauté until browned, about 5 minutes. Transfer browned turkey/onion mixture to large soup pot and add tomatoes, zucchini, squash, beans, broth, celery, bell peppers and chili seasoning. Bring to a simmer over medium heat. Continue to simmer until vegetables are tender, about 30 minutes. (From Weight Watchers magazine-2002)

**By: Amy King, Registered Dietitian Contact Amy at (860) 638-9403**

