

Spring/Summer 2010



BAYSIDE BEACON

Helping Clients With:

- Individual Therapy Sessions for Children, Adolescents and Adults
- Family Therapy
- Couples Therapy
- Group Therapy
- Community support through Educational Presentations in Local Schools

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TAKING CARE OF YOU

Since the last newsletter I hope you have taken time for yourself, even 10 minutes a day, to prepare for your day, de-stress, and get into a healthy mindset to focus on your tasks and positive interactions with the people who are important in your life. I hope when you thought of someone "important" you thought of yourself. So often we take care of everyone else's needs and forget about ourselves. This newsletter is about taking care of you.

SELF AWARENESS IS THE KEY TO "UNLOCK" CHANGE

Any change begins with awareness. If you want to make changes in your life you must be ready to look at yourself, all parts of you, with open eyes and with an honest heart. You have to embrace and love all the positive strengths and qualities you possess and be willing to work on improving qualities, behaviors and thoughts that are self-defeating, destructive, and negatively impact your life.

Self Awareness helps provide understanding to why we act, think and feel the way we do. It may be hard to accept that sometimes our worst enemy is truly ourselves. What we say, think and feel about ourselves and our life can so profoundly impact us on a daily basis. It is time to begin seeing our-

selves in a different light, a new vision.

When we gain self awareness we now have the opportunity to see what changes need to be made and often already know the direction we need to follow. You can now focus on changing thoughts or actions you are not happy about and create the life you wish to lead.

Having this clarity about who you really are and what you want in your life allows you to actively begin making changes within your life. Begin to take ownership of your actions, beliefs, thoughts and feelings. "I feel this way because..." "I think this about me because...". Look at the reality of your self statements. Are they really true? Do they correctly represent you as the person you are? What

am I refusing to see in myself?

Now is the time to start seeing how you truly view yourself. Stop judging yourself or living with unrealistic expectations of yourself. Live in the moment and look for the positives within situations and within yourself. Take pride in what you do well and be confident in your strengths. Instead of beating yourself up about what is not "perfect" make a plan of short term and long term goals to move in the direction of change.

Remember awareness is the key to change. Now you have to be ready to unlock the door.

Written by:

Dena Otrin, LPC, NCC

Licensed Professional Counselor

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Owner of Bayside Counseling, LLC

www.baysidecounseling.net

WHAT DRIVES YOU TO EAT?



We have been examining emotional eating and at this point you should be working on some behavioral changes- checking to see if you are truly hungry before eating and finding nonfood outlets to express emotions.

There is another aspect of emotional eating that needs to be addressed. What do you do if you can't resolve an issue or a situation at the moment and it is triggering you to behave self-destructively with food?

Sometimes this can be overwhelming so next time this happens, ask yourself: How can I turn this into an opportunity? Try not to let the emotion or event cause damage, but instead look at it differently. Try to feel the emotion, but stay positive and find meaning in it rather than mask it with food. This will allow you to grow and work

toward resolving your emotional connection with food.

THE SIX MOST COMMON EMOTIONS THAT DRIVE PEOPLE TO EAT

1. DEPRESSION
2. ANXIETY
3. BOREDOM
4. LONELINESS
5. ANGER
6. CELEBRATION

Here are some different coping skills to use to help deal with these emotions:

DEPRESSION: Exercise. A brisk 8 minute walk can reduce feelings of sadness, tension, anger and fatigue.

ANXIETY/STRESS: Breathing exercises. Take a deep breath, hold for 3-5 seconds then exhale slowly, concentrate on the relaxation that comes with the

release of the tension.

ANGER: Muscle relaxation. Perform a sequence of clenching and relaxing the muscles. This gives you something to focus on besides your anger and calms you down.

BOREDOM: Change your environment. Do things where food is not available or do something that gives you pleasure.

LONELINESS: Phone a friend. Call or email a friend. When you foster connections, you feel less alone.

CELEBRATION: Be aware. Knowing you tend to celebrate with food can help you devise other ways to reward yourself.

Amy King, Registered Dietitian
Call for appt. at 860.638.9403

QUESTIONS FOR YOUR JOURNAL: TO BE MORE SELF AWARE



Theme for your journal:

"Knowing others is wisdom, knowing yourself is Enlightenment"

-Tao Tzu

Self Awareness is a process, one of soul searching and time to reflect, in which you take an honest look at yourself, your life and all that you surrounds you on a daily basis. Sometimes with soul searching you may realize that those in your life are loving and supportive or toxic and destructive. You may realize you need to change career paths because it is not your passion or you may need to start speaking up for yourself since you have a voice that is fighting to be heard. Look within yourself and find what excites you, what fills you with pride and honor and what best represents you if you were to introduce yourself to a crowd of people. What would you say?

Here are a few thoughts for your journal writings. Look at all aspects of your life: relationships, financial, career, personal, social, emotional. Take each one of these topics and explore your real thoughts, feelings and beliefs. See where you need to challenge inaccurate self statements and focus more on the positives. Some questions could include: What makes me happy in these areas of my life? What would I want to change? What do I fear the most? What excites me about my future? What stops me from achieving my goals? What goal can I begin to work on today? There are so many questions one can ask themselves. Learning about oneself is a continuous process throughout life. We grow, we change and we always need to make sure we are being true to ourselves. **Written by: Dena Otrin, LPC, NCC**

CULTIVATING SELF-LOVE IN 5 SIMPLE WAYS



1. Pay attention to what you need in any given moment and respond to those needs accordingly. Take action to learn what your needs are by practicing self-awareness. We are always evolving and changing moment to moment so too are our needs.
2. Speak up (using your voice) to express your needs. Honor what you believe to be right and best for you even though it may be different from that of your mate (or others). Sometimes we forget because of our upbringing that we do have the right and ability to say what we want to say.
3. Make time each day to do things that nurture your soul Take a walk at lunch so that you can enjoy the outdoors as you create some time all to yourself, go to the gym, listen to the kind of music that you most enjoy, rebuild the engine in your car, enjoy a long, hot bath, get a massage, and so on. Remember, to honor each other, what might be right for one may not be right for the other.
4. Take care of your self first, by attending to your fundamental needs such as self-care, exercise, proper sleep, healthy eating. Should be easy right? Ha ha ha. I laugh because in the face of life the first thing to go is our needs.
5. Say "no" (without guilt or angst) as a way of honoring what is right for you. Those that truly care about and respect you will honor your answer of "no". Ever try this with someone you would like to say no to? It gets easier with practice...I promise.
By: April D'Amato, Reiki Master, Holistic Life Coach Soul Star Healing 860.985.0211

Healthy Bodies, Healthy Minds: Adult Educational Workshop

This is a 4 week workshop for adults who are interested in discovering how your emotions and daily stressors affect food choices and eating patterns. You will gain a better understanding about yourself, your goals and your emotional connection with food.

This Workshop will address the following topics:

- Learning how to identify the feelings that promote poor eating habits
 - Choosing healthier coping skills to deal with these emotions
 - Developing stress management skills
 - Exploring different food options
 - Learning about portion control
 - Understanding weight-management and nutrition
 - Developing personal weight-loss strategies

Through activities and education, you will be encouraged to improve food choices, create healthier life style habits and gain awareness of the mind/body connection. Here is a chance to invest in your health and take time for you.



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

The workshop will be held for 4 consecutive weeks beginning Monday June 28, 2010 from 6:00pm to 8:00pm at **Bayside Counseling** in Westbrook, CT. Space is limited! Call 860-399-9500 for questions or visit our website at www.baysidecounseling.net for the registration form. Self pay is \$60.00 per session. State and private insurances accepted.

Invest in yourself today!

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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**

Healthy Bodies, Healthy Minds: Educational Group for Teens

This 8 week group for teens ages 13 to 17 explores the relationship between how one handles emotions and stress and unhealthy eating habits that can be created.

This group helps teens to develop:

A Positive Body Image

**New Coping Skills
With Feelings**



Nutrition and Healthy Eating

**Weight Management and
Exercise**

Through activities and in an encouraging and supportive environment, teens can learn to improve food choices, promote a healthy body image and continue to build their self-esteem and love who they are.

This group is facilitated by **Dena Otrin, LPC** and **Amy King**, Registered Dietitian, Certified Dietitian-Nutritionist. Referrals are being accepted for this group beginning Spring/Summer 2010! The registration form is available on my website: www.baysidecounseling.net

State and commercial insurances are accepted. Self pay fee is \$30.00 per session

HIGHLIGHTING OUR CURRENT WORKSHOP:

New Day, re-New You

A Celebration of Women Rediscovering Who They Are

This one day workshop celebrates women and their journey of self-discovery. We will use a combination of movement, creativity, guided meditation and interactive discussion. You will leave empowered to be the woman you always dreamed of being. Let this New Year begin with a renewed you!

Located at: Banner Total Fitness 1 Banner Road Moodus, CT



Presented by: April Ann D'Amato & Dena Otrin, LPC, NCC
Soul Star Healing

Dena Otrin, LPC, NCC
Bayside Counseling, LLC

Registration is \$150.00

(MC/Visa accepted!)

Bring a friend and you both get \$10.00 off the event!!

Register today!

This workshop runs on a Saturday from 10am to 5pm. The date of the workshop will be determined upon interest. Visit my website www.baysidecounseling.net for the registration form to attend this event!