

Natural Healing Express Weekly

Column 376 Mother's Day

Have you ever sat and pondered where you would be without your Mother? Well, not on the planet, for one. However, if you think about all the times your Mother helped to soothe your soul, pamper your wounds, encourage you and love you in a way that no one else can, it doesn't take much to figure out she is pretty special in your life. And, for those of you who were adopted, fostered or otherwise, there is probably that certain someone that you consider to be your "mom", possibly a grandmother, step-mom, sister or auntie that loves you beyond belief. This is the week to honor that fine soul. Big, Big Hugs and kudos to all the Moms out there rocking it and making the family "happen"!

Now, with that said, one of the primary roles of being a mom is caregiving. From little on up, Mom is typically the caregiver of the family. And, as we all know, this can extend to grandparents, friends, extended family, church family and others.

So, just for this one week during this special time, I would like to encourage all moms to challenge yourself for a little Self-Care. And for those of you wondering what to give Mom for a little indulgence, hopefully you will find some inspiration in this list!

Mom's Taking Care of MOM list

- 1.) Take Responsibility – Yes- you must take responsibility to your SELF-CARE is important!
- 2.) Have Realistic Expectations – Understand what you and your family can and can't do. Don't push yourself to be a Super Hero if you are already working three jobs!
- 3.) Focus on what can be done – Change what you can, but don't swim upstream every day. Accept what is reasonable and let GO of the rest. If it is meant to be, it will be.
- 4.) Communicate effectively with others – Don't expect others to know what you need. They are not mind readers. Clearly, concisely and effectively communicate your needs and concerns. In my family, I find that a well-placed LIST does wonders! However, we need to bring this

philosophy forward with folks outside the home – doctors, school members, etc. Speak your needs

- 5.) Learn From Our Emotions –There will be ups and downs. Its life, it happens. Don't bottle up your emotions or repress them. They will eventually come out in ways you may not expect. The bottling up of emotions can cause irritability, depression, low energy and host of medical concerns.
- 6.) Get Help When Needed – Talk to a friend, talk to a professional, utilize online resources or community resources. Please do not wait until you are at the end of your rope prior to reaching out.
- 7.) Set Goals and take Small Steps toward them – Pick a Goal you would like to accomplish and make a check list of what it takes to achieve this goal. Check each step off the list as you make it happen
- 8.) Don't try to do it all / do it all ALONE – Do I even need to chat about this one? I know, I know. I am guilty of this one as well my friends, but it is NOT a healthy approach for the long term. Spread out the chores, spread out the tasks over the entire family, not just you!
- 9.) Taking Time Alone – This is time for just YOU. Doing things you LOVE, not isolating yourself for the sake of being along, but actually taking a calming, soothing and restorative BREAK.
- 10.) Talk to God – read Scripture, utilize prayer, jump in the car and take a drive. Give it to the Big Guy Upstairs.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express

