

Celebrating Mother's Day

by Alyce Duckworth, LCSW

Supervisor, Prince St. Academy, Arapahoe/Douglas Mental Health Network

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Mother's Day is just around the corner (May 10th) and I personally think we should all prepare to celebrate! After all, motherhood is one of the most difficult and important jobs out there. Being a mother also happens to be pretty thankless. Lucky moms may get some thanks when their kids have grown into adults and finally understand the importance of the guidance they received.

However, I work with a lot of kids and I've never heard one thank their mom profusely for the appropriate discipline, structure, and 24/7 service they provide. That's why I would love to see a Mother's Day revolution where we all, as a society, profusely thank our moms for their invaluable service. Maybe, eventually, the thanks can overflow into every day of the year. The jobs that moms do are too large to be commemorated in a single day of the year.

A few of my suggestions for turning mom's day into a revolutionary celebration follow (and, don't worry dads! You're next!):

- Families: Give mom a day off! Get together and assign all the daily tasks to other members of the family so that mom doesn't touch a dish or even enter the kitchen. Make sure she has access to a few of her favorite things and take your chance to spoil HER!
- Pool your money together and get mom a massage. Massage is one of the most relaxing, healing, and therapeutic things a person can do. Massage has even been shown to reduce symptoms of depression! The ultimate gift of massage might be a gift certificate for one massage a month for the rest of the year, whereas more affordable massages can be arranged through schools that teach the art.
- Never underestimate the power of flowers! Flowers engage at least three of the five senses and, in so doing, contribute to relaxation and stress relief.
- Handmade gifts are always awesome. My mom still has a plaque I painted for her about 31 years ago hanging in her kitchen. Handmade gifts are personal keepsakes that commemorate time, place, and relationship. Since I'm a beader and a scrap-booker, I am a bit biased toward creating a photograph keepsake or beading a piece of jewelry for mom. In fact, there are many bead and scrapbook stores that will allow you to actually work on your projects at their location. Paint-your-own-pottery stores often work the same way.

- Moms: Spoil yourself! Most of us talk about the importance of “taking care of ourselves” before we can effectively take care of anyone else, but very few of us actually practice self-care techniques. It takes about 30 days of doing something regularly to form a habit. Why not start a self-care habit on Mother’s Day? Do something for yourself that you wouldn’t normally do, but that you richly deserve. Trust me!
- Plan a family outing in which everyone is participating in something mom enjoys – hiking, bird watching, picnicking, or all three!
- Refuse to forget the positive! Although most humans focus primarily on the negative things they may be doing, Mother’s Day is an excellent opportunity to force yourself to focus on the positive things that you do, day in and day out, as a mother. Family members can help in this pursuit by creating cards or lists of thanks, entailing all of the things that are awesome about mom – things that make her unique, or things that are often taken for granted. Family members might be surprised, once they’ve started creating such a list, just how much mom does!
- Have a happy Mother’s Day and don’t forget that your work as a mom is vitally important to your family, community, society, and the world as a whole! You are raising the next generation. Keep up the good work!

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