

## MOTHER'S DAY

### Treat Yourself

Candy. Greeting cards. Flowers. Those things are fine on Mother's Day, but why not give yourself a little tender loving care?

TrimTalk.com's director of Emotional Support, Jay Giacalone-Butterfield, offers these suggestions to moms everywhere:

**Pamper yourself:** Rather than just one cursory service, treat yourself to a full day at the spa or salon and maybe get a makeover. Or spend the day shopping and buy yourself something frivolous.

**Observe the day:** Spend the day with your own mother, grandmother or both. Thank them for all they have done to make you who you are, and reflect on the positive impact you are having on your own children.

**Togetherness:** Take a long weekend trip with your husband or significant other, sans kids. Make conversation about the "business of life" — work, bills, etc. — off-limits.

**Husbands on duty:** Get together with a group of other mothers for a social outing, and let the husbands take care of the kids. Remember, they will be parenting, not babysitting.

**Exercise:** Enjoy the benefits and time away from it all. Take a yoga class. When you're done, take some extra time to stretch, unwind and grab a protein smoothie.

**Do nothing:** Clear the day of any agenda, put those "to do's" on hold, and just relax.

*Cloe Cabrera*

