



# Happy Mother's Day

by Counselor Matthew McGahran

On May 11 we celebrate Mother's Day. Mothers, particularly military mothers, have demanding and often thankless jobs. Raising children is not easy, and as much as other family members contribute, the primary responsibility lies with Mom.

From dawn to dusk and many hours in between, mothers are responsible for themselves, their children and, in many cases, the whole family. This frantic pace is exhausting for many parents and mothers are usually the parent that gets the least amount of personal time.

Children nap when they are cranky. Fathers play golf or go "out with the boys" for relaxation, but what can mothers do?

ParentSo up.com suggests the following:

**Treat yourself to a day of relaxation and pampering at a spa.** A day trip away from responsibilities will do wonders for your mind, body and soul.

**Develop creative outlets.** We often ignore our creative side because of daily activities. Take some time to reconnect to your creativity. Paint, sing, and play music, anything to get the creative juices flowing.

**Maintain contact.** Particularly with people in similar situations. Take time off from being a mom and spend time with your friends.

**Share responsibility.** Have Dad

do some of the chores. He'll get his day next month.

**Work it out.** Physical activity is a great stress reliever and often provides a 30-60 minute reprieve from family responsibility.

**Quiet time.** Plan some time every day when you can be alone to read, nap or meditate. Doing things alone allows you to reconnect with the most important person in your life...you.

**Time away.** Every once in a while, indulge in some individual travel where you can enjoy the trip and you don't have to worry about other people enjoying themselves.

**Develop outside interests.** Make an effort to see what is

happening in the community to remind yourself that there is a life outside of your family.

Personal time is every bit as important as "family time". Mothers need the opportunity to relax and rejuvenate so they can be at their best when they are needed the most. Other family members will benefit greatly by allowing mothers this opportunity.

Feeling overwhelmed? Do you need assistance with your own personal growth? The counselors at the Fleet and Family Support Center can help. Call DSN 627-7818 or commercial 0771-709-818, for an appointment.

by Spouse Employment Assistance Specialist Heidi Cramb

## Celebrate Military Spouses!

May is Military Spouse Appreciation Month.

Please join the Fleet and Family Support Center is saluting spouses for all that they do.

Spouses serve their country as surely as their active duty wives or husbands do. They give their time, patience, and commitment not only to supporting their families (often by themselves), but to the community as well.

Help celebrate the month by doing something special for your military spouse.

One of the programs that The Fleet and Family Support Center will provide during Military Spouse Appreciation Month is "Married to the Military" on May 20th from 9am - 12 noon. You don't need to be recently married to attend. If you would

like to have more insight on military lingo, flying Space A, Navy traditions, volunteer opportunities, please sign up at the front desk or give us a call at 0771 709-818 or 627-7818 .

Join Fleet and Family Support Center in saying thank you to all our military spouses for all they do every day to make the military life better.

