



Mothers are the greatest gift...

I hope you are enjoying the warmer weather and using it to get outdoors to smell the fragrance of life!

Thanks for responding to my Enjoy Spring blog. It is so exciting to be looking at self-development opportunities. Those groups that want to work together, you don't know what you are in for! Keep your requests coming.

On May 12th, we celebrate Mother's Day. I dedicate this blog to Mothers everywhere. There is no one more important than our mothers when we look at the life-long development of well-being in our lives.

"Nurturing a child early in life may help to develop the brain region called the hippocampus, the area important for learning, memory and stress response. Scientifically, brain images have revealed that a mother's love physically affects the size of the hippocampus. Children of nurturing mothers had hippocampal volumes 10 percent larger than children whose mothers were not as nurturing with 9.2 percent smaller hippocampal volumes. Depressed children with high and low support had 6 and 10.6 percent smaller volumes respectfully. Dr. Joan Luby, the lead researcher in the study, and psychiatrist at Washington University School of Medicine in St Louis, MO, states, we can now say with confidence that the psychosocial environment has a material impact on the way the human brain develops." (Castro, 2012)

It is an enormous responsibility to be a mother. 70% of U.S. mothers say being a mother is incredibly stressful, and 96% say they are more stressed than their own mothers were. Who mothers mom when she needs it? Don't forget to hug your mom and tell her how much she is loved and appreciated. All mothers need acceptance and comfort, especially when they are tired or in distress. Pamper her when

you know she needs it. Here are 6 things to share with a mother to accomplish *Success over Stress* for moms:

1. Become aware of what triggers your stress and the signs in your body and emotions
2. Take breaks-even short ones help to close your eyes and gather your thoughts
3. Learn deep breathing or stress techniques you can use anytime, anywhere
4. Laugh- keep activities fun and light
5. Walk and get outside with the kids-it helps both of you feel freedom that you need
6. Don't put yourself on the back burner-moms need to take care of themselves

To end, I'd like to dedicate this poem by Edmund O'Neill to my mother, Helen Ann Dickerson-Insalaco.

As a Mother You Have Always Been There...

I came into this world and you were there to do everything for me.
I learned to let go of your hand when I took my first steps, but I knew you still held me in your heart.

Those first steps put me on the path toward my dreams and destiny, but no matter how far they have taken me, I've always felt the light of your love shining on my days.

Thank you for having a heart so full of love that you were willing to share with me.
Thank you for holding me close no matter how far away from you I may wander.

You're the brightest star in my sky-and your love will forever light my path and always guide my way.



Wishing you a Mother's Day filled with blessings,

Be well,

Mary Ellen