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Practicing Gratitude by Loving What Is

Among other things May is the month for Mother's Day when many of us pause and take a moment to reflect on our mom or on our role of being a mom. It can be a little eye-opening to realize that none of us would be here without mothers. It's something we all share, regardless of cultural or global differences. As such, mothers unite us all and that's a big reason to take some time to think about your mother.

When considering motherhood it's good to recognize that mothers don't have to be "perfect" to be appreciated. Making a conscious choice to celebrate and honor your mother as she is, without the pressure to see her as perfect, will free both of you to truly enjoy the day.

And it's a great way to practice gratitude. The beauty of allowing your mother to step off the pedestal of perfection is that it frees you to see her with true empathy and appreciation for who she is. The end result of embracing imperfection is that it allows more space for genuine love and celebration for what is.

And if you are also a mother it can be freeing to take yourself off the hook too. That being said one of the healthiest things you can do is to consider how you feel about

your role as a mother. When you take the time to do this on a regular basis you can then make mindful corrections where necessary and/or give yourself a well deserved high-5!

Letting go of perfection and loving what is are the pillars of a gratitude practice. And practicing gratitude can have major positive impacts on the quality of your life. Studies show that practicing gratitude can lead to a 10% increase in long-term well-being and a 25% increase in sleep quality. Gratitude also supports heart health, decreases physical pain, reduces depression and boosts the immune system. And it makes you a nicer person to be around. Just think how much better the world would be if we all practiced a little more gratitude....

Meanwhile, here are a few ways to express gratitude for your mother:

- Write a heartfelt letter
- Cook her favorite meal
- Support her passions
- Just say it: "I appreciate you. I love you. Thank you for everything."

And remember: We don't have to be perfect to be successful parents or children. Letting go of the need to be perfect is also one of the best gifts you can give yourself.

May Calendar

May 5 - Cinco De Mayo

May 10 - Mother's Day

May 25 - Memorial Day

May is National Walking Month

Homeowner Tips



How to Wash a [Baseball] Hat in the Dishwasher

Yes, really. And it's easy, too!

- Use your dishwasher's top rack to avoid too much heat.
- Place the hat over a small collander so it keeps its shape.
- Select the shortest cycle without a heated dry.
- Once the cycle is complete, reshape your hat and allow it to air dry.

Many Special Days Make May a Memorable Month

Yay for May! This month is chock full of special days:

May 1, Silver Star Service Banner Day - Honors service members who showed distinguished valor in combat. It's the 3rd-highest decoration in the United States Armed Forces.

May 1, May Day - Hello Spring! Medieval European tradition celebrates the return of spring with festivals.

May 2, Kentucky Derby - The 152nd running at Churchill Downs in Louisville, Kentucky referred to as "The Most Exciting Two Minutes in Sports".

May 5, Cinco de Mayo - Marks Mexico's victory, led by General Ignacio Zaragoza, over French forces at the Battle of Puebla in 1862.

Mother's Day, May 14th - Declared a national observance in 1915 by President Wilson, founded by Anna Jarvis "to honor the best mother who ever lived - yours."

Memorial Day, May 25 - A day to honor and mourn the men and women military personnel who died while serving in the United States Armed Forces. A customary wreath is placed at the Tomb of the Unknown Soldier.



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Crispy Rice Salad Topper

Take your salads from good to great with this simple crispy rice salad topper. Works especially well on asian-style salads but any salad will benefit. Serves four.

INGREDIENTS:

3 cups cooked and chilled long grain basmati or jasmine rice
1 Tbsp. toasted sesame oil
2 Tbsp. red curry paste, divided
2 Tbsp. reduced-sodium soy sauce, divided

DIRECTIONS:

Preheat oven to 400°F. Line a 15x10-inch baking pans with parchment paper. In a large bowl combine the chilled rice, toasted sesame oil, 1 Tbsp. red curry paste, and 1 Tbsp soy sauce; stir well to thoroughly coat the rice. Transfer the rice mixture to the prepared pan and spread in an even layer. Roast rice, stirring every 10 minutes, until crisp, about 40 minutes.

