

# Personal Safety Nets® News

Our Mother's Day gift to you!

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### **Dear Linda,**

Thinking of mothers stirs up emotions. Mother's Day celebrations may loom large in your life. They may bring joy or tears.

- You may have no mother, or feel grief for having had no motherly love.
- You may feel gratitude, or joy, or appreciation.
- You may wish your child were old enough or thoughtful enough or present enough to celebrate you for being a mom.
- You may wish that you were the kind of mom you intended to be.

This month's issue is dedicated to mothers of all sorts. Read on to learn why moms need Personal Safety Nets too.

## **SUPER MOMS**

Know one? Are one? Care for an older one? Love one? Born of one? Who needs a Personal Safety Net more than moms? And yet those who are busy being super moms seldom take the time to create support for themselves. So this goes out to all the moms who need support.

Often moms put themselves last when it comes to addressing all the needs of the family, friends, communities, and the planet. But moms shouldn't always wait until "it's all been taken care of." Doing it that way can leave a super mom drained or stretched to the breaking point. So, moms, start now by grabbing a friend and your copy of **Personal Safety Nets** and taking steps to start or enhance your own "Super Mom" personal safety net.

**Q. WILL I EVER GET MY LIFE BACK? I see myself as the central support person for my friend. He asks for so much from me that I sometimes despair or resent him.**

**A. WOW! YES! YOU CAN! Start now to take some steps.**

First, it sounds like you need a nap, or maybe a vacation... or at the very least a walk around the block to clear your head. However, when you return you'll be faced with the same situation. So here are some tips that you can adapt to fit your situation:

- Brainstorm other ways to handle some of your friend's "requests." Ask for help if you get stuck. And know that we all get into situations bit by bit. You can get out the same way.
- Think: you may not like all the choices but even just thinking about them will increase your sense of power and strength!
- Take time to add support to and draw upon your own team and it will pay off in the long run. You, too, need care, wisdom, love, ideas and distraction.
- Set limits - it's challenging, but practice will help.
- Balance your own life, making sure your own health and priorities are part of your focus.

### **TROUBLE GETTING STARTED WEAVING YOUR OWN PERSONAL SAFETY NET?**

I've been reading a lot of Buddhist stuff lately since the Dalai Lama was in Seattle, and one of the things I'm learning is that we keep thinking life will settle down - soon. If we just get over this one big hump, life will be easier. But it never DOES get easier.

There's always something emerging to distract and consume us. It's up to us to handle all the distractions with as much grace and humor as we can muster. So, mothers, it's time to begin or return to weaving those support systems. **There's never a perfect time to start:** no break in the job, no "caught up" in homework, no "got all the errands done." Begin now! You probably have heard that a journey of a thousand miles begins with just one step. Let reading this newsletter be your first step - into a more organized, stress free and confident life with Personal Safety Nets.

### **UPCOMING EVENTS IN MAY**

Here's a quick peek at what we have lined up so far:

**Bring Order to Your Life** A class held once a month at the West Seattle Senior Center, May 21 through October 2008. Open to the public. Registration fee \$40, includes both the book, *Personal Safety Nets*, and the workbook that accompanies it. For registration, call the West Seattle Senior Center at 932-4044 and speak with Karen. No one turned away.

**First Place School** May 19th, 9AM-12PM. Training will be provided for the staff and volunteers only.

**CRONE - Women growing older with power, passion and purpose.** May 31st, 12:30-2:30 PM. Members only, call Cathy Robinson at 206-772-7987 or email 39robinson@comcast.net for more information and how to become a member.

To find out more, visit the events section of our website.

#### QUICK LINKS

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#### MOMS! YOU ARE A VALUABLE RESOURCE!

**We'd never have gotten here without you!** So let yourself be your own projects. Make your Mother's day gift to yourself this year be the weaving and use of your own Personal Safety Net - and why not do it with a friend so you'll both be extra strong?!

Happy Mother's Day from those of us here at Personal Safety Nets Brainquarters!

Judy, John, and Linda

PS - If you know of a mom who needs support, click on the **Forward email button** below. And if you know of someone who might like to join our newsletter, send us their email and we'll be happy to add them to the mailing list. Or they can join simply by clicking the **Join Our Mailing List button** to the left.