

Recipe

A Mother's Day Pause



You will need:



- 1 coffee

relax with your favorite cup

substitutions: tea, hot chocolate, lemonade, or other preferred beverage

- 4-6 hours free time

dedicate some time for choosing activities you enjoy



- 1 dinner, prepared

whether home-cooked by a loved one or restaurant-prepared, dinner's taken care of tonight



- words/acts of affection

season liberally to taste (hugs, praise, handwritten notes, smiles, etc.)