



So, I'm sitting here at the mechanic's waiting for my car (*oil change and tire rotation, basic preventative maintenance.*) It dawned on me...most of us take better care of our cars than we do ourselves. I have also noticed as of late that most of us in general take better care of everyone and everything else before we take care of ourselves. Mothers especially fall into this category.

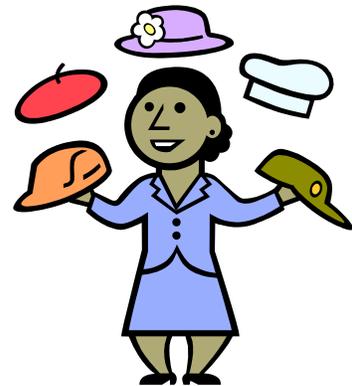
### I call this "Mom disease."

*Why?* Because our moms are always doing for us...meals, carpooling, they take care of us while we're sick, help us with our homework, nanny our kids, put up with all the crap of puberty, bad report cards and bumps on the playground. Moms are the epitome of "multi-taskers" and we just assume it's their job, and if we become mothers, it's ours too.

*So, what?* This isn't fair. When we learn the ABC's of first aid, we learn that if the situation isn't assessable or safe, if I'm not prepared, then I shouldn't act because it could make matters worse. Well, moms jump in regardless. They will add two more hours to their day if it means getting ahead, they'll make cupcakes at 2 am, do those 4 more errands instead of balancing their own lives, and self-care always takes a back seat. I have told many a mom that they have to make time for themselves because it will make them more balanced and more efficient with their daily grind and care of their family. It's like they don't think they are allowed to take care of themselves. The sense of relief I have seen on women's faces when I told them it is OK for them to be on my massage table. It's OK to take care of themselves. It's OK to perform preventative maintenance on our bodies, not just our cars. It's OK! Sometimes I see tears of exhaustion and cathartic sighs as the stress levels drop. What were they waiting for, permission from the Queen? She was probably too busy too.

Well, today, I'm queen. And, I give all of you out there the deputized right to be queens too and give you AND your moms the right to take care of yourselves or be cared for by others for a change. And, as Mother's Day approaches, think carefully about all the times our moms have gone above and beyond the call of parental duty and sacrificed their self-care while we take full advantage. Get you and your mom a gift certificate for a massage. Take care of yourselves. It's OK. So, each time you take care of the car, take care of yourself too!

**No matter how many hats you wear, you only have one head!**



*Note: Mom could mean Dad too or anyone really. Moms tend to be more nurturing and sacrificing than others, but I know some dads and individuals and non-parents out there who fall into this category as well.*