

# On Mother's Day

Mother's Day can bring up complex feelings.

It's a day that can be filled with love, joy, and gratitude, as we celebrate the people who raised us.

It can also be a day filled with grief, especially if you have lost a mother or a child. It can bring up feelings of anger, frustration and disappointment about not so great childhood memories, infertility, or pregnancy loss.

All of these feelings are valid. We all have different relationships and experiences with the mothers and mother figures in our lives, and different experiences as mothers ourselves.

If this day is difficult for you, know that you have support. **There are things you can do to help make the day a little easier:**

- **Make a plan.** Think about how you want to spend your day. A fixed schedule can help you manage your emotions and minimize your worry.
- **Find an outlet.** Express yourself in a way that feels good. Stay in and read, watch a movie, or cook. Or, go do something you really enjoy.
- **Avoid judgement.** Try not to judge your feelings or worry about other people's relationship to the day. Whatever this day feels like for you is okay.
- **Remember grief is a form of love.** Remind yourself that when you let yourself feel your emotions, you honor the loss.
- **Connect with a friend.** Spend time with someone who makes you feel good, makes you laugh, or shares your experience.



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## Know someone who's struggling?

Acknowledge their pain. Ask about what you can do to help support them.

If you are struggling, a therapist or coach can help you sort through your feelings.