



Save the Children.

MAY IS FOR ME

This month, give back to
yourself every day

GIVING.

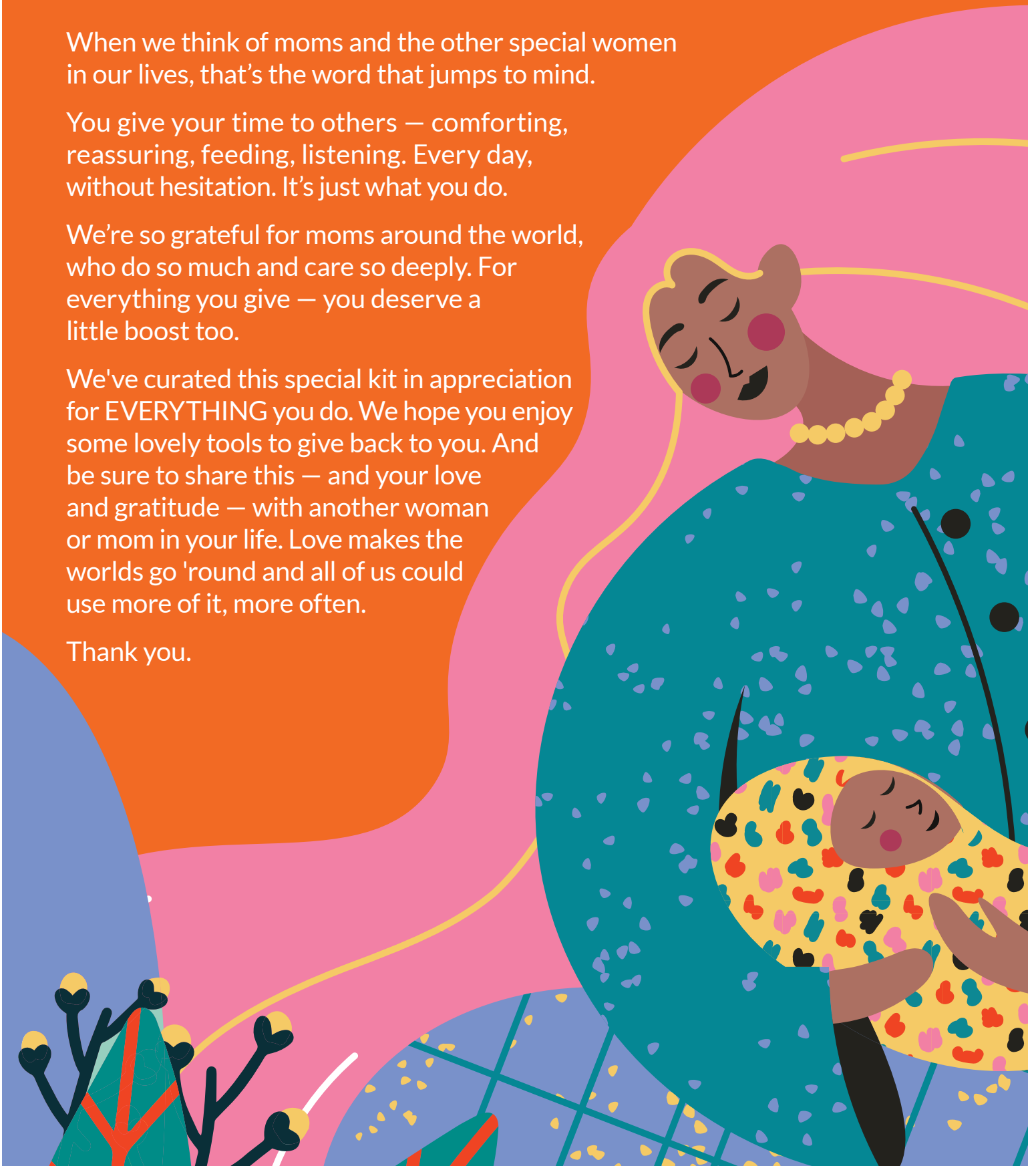
When we think of moms and the other special women in our lives, that's the word that jumps to mind.

You give your time to others — comforting, reassuring, feeding, listening. Every day, without hesitation. It's just what you do.

We're so grateful for moms around the world, who do so much and care so deeply. For everything you give — you deserve a little boost too.

We've curated this special kit in appreciation for **EVERYTHING** you do. We hope you enjoy some lovely tools to give back to you. And be sure to share this — and your love and gratitude — with another woman or mom in your life. Love makes the worlds go 'round and all of us could use more of it, more often.

Thank you.



LIFE HACKS FROM AROUND THE WORLD

Tried-and-true secrets of eating, relaxing and exercising.

We may not be able to travel right now, but we can feel inspired — as we dream about our next vacation — by borrowing a few top habits that keep people around the world healthy and happy. Let's go!





THE NETHERLANDS

It's nearly impossible not to spot bikes in a photo of Amsterdam. That's because most commuters head to work on two wheels, not four. Exercise is an essential part of every day, rather than a chore.

Dutch hack that gives back: It may not be practical to cycle to work every day, but being mindful to walk or cycle as much as you can will keep your long-term health — and happiness — assured.



AFRICA

Commonly known in Nigeria as “ugwu/ ugu”, pumpkin leaves are eaten all over Africa and form a common part of the diet when available; leaves can be eaten fresh or dried. And they pack a vitamin-rich punch.

African hack that gives back: You can steam pumpkin leaves like spinach or add them to a hearty stew. Your body will thank you for every healthy serving that contains Vitamin A, Vitamin C, calcium, and iron, as well as folate, potassium, and some of the B-vitamins.



INDIA

In India, copper utensils are often used for storing and drinking water. This practice has a number of health benefits associated with it — that are especially important for our aging bodies.

Indian hack that gives back: Use a copper cup for drinking water throughout the day. This simple activity can help boost your immune system, aid digestion, decrease wound healing time, strengthen joints and improves digestion as well.



ASIA

We all know and love rice as one of the best side dishes out there. It is also healthy for you - rice is a natural anti-inflammatory, improves nervous system health and is a good source of energy (amongst other benefits). But for many in Asia, rice is a staple in their skin care routine!

Asian hack that gives back: next time you cook some jasmine rice at home, keep that water and use it to wash your skin (just make sure to let it cool first!) Rice is a source of antioxidants and some end up in the water when you cook it. So cut out the expensive skin care products and take advantage of the same ingredients at a much cheaper cost.

CARE FOR YOUR BODY AND YOUR MIND

The little habit that packs a big punch



When you care for others all day long, checking in with yourself can be the last thing on your mind. Who has time for that?

With a **mindful body scan**, you do! It's a simple way to check in with what's going on in your own skin. A body scan is like meditation, but instead of focusing mainly on your breath, you give your attention to the sensations in your body.

So find a comfortable spot and relax, following these steps to begin your mindfulness journey. Try it today!

- **Get in position.** Sit or lie down somewhere comfortable, and gently close your eyes.
- **Focus on how your body feels.** Notice how you are sitting. Feel the weight of your body on the floor or in the chair. Take a few deep breaths.
- **Move your attention slowly through the body.** When you're ready, start with your feet and slowly progress up your body — legs, shoulders, arms, neck — until you reach the top of your head. At each body part, stop for a few seconds and notice how it feels: tense, relaxed, tingling, painful? Just notice how it feels.
- **When your attention wanders, notice that and return to the body scan.** Your attention will wander, and that's okay. When it does, acknowledge it, and gently bring your attention back to a specific body part.
- **Take in your body as a whole.** After you've moved through your body, spend a few moments noticing how your entire body feels. Take a few more breaths and slowly open your eyes.

You can do mini-body scans throughout the day: just pick a tense body part and start there. And a body scan is a great way to relax for sleep!

GIVE YOUR BODY THE MOVEMENT IT CRAVES

Quick, effective workouts to keep your sanity during a hectic day.



That last work call went way overtime. You know you'll feel energized if you can fit in a sweat session. But the long workout you planned is out of the question now, so what to do?

Don't give up! You can still get moving when you're pressed for time. Some easy (and fun) 10 minute exercises to get your body moving and blood flowing include:

1. Simple Yoga Flow
2. Jump rope for 10 minutes
3. Put on your favorite playlist and dance
4. Walk around the block
5. Power through a kickboxing burnout

Check out one of these [efficient, total-body workouts](#) (created by self.com) and give back to the body that carries you every day.



GETTING BACK THE DINNER HOUR

Take the stress out of meal planning tonight with this quick and oh-so-fancy Classic Shrimp Scampi!



Imagine leaving work or the school pickup lane knowing exactly how tonight's dinner planning will evolve from vague idea to comforting meal. It's possible! Just print this shopping list and recipe, then follow along and sit down to deliciousness in under 30 minutes.

Ingredients:

- Kosher salt
- 12 oz linguine
- 1 1/4 lbs. large uncooked shrimp, peeled and deveined
- 1/3 cup olive oil
- 5 cloves garlic, minced
- 1/4 to 1/2 tsp red pepper flakes
- 1/3 cup dry white wine
- Juice of 1/2 lemon, plus wedges for serving
- 4 tbsp unsalted butter, cut into pieces
- 1/4 cup chopped fresh parsley

Get Making:

1. Bring a large pot of salted water to a boil and prep your ingredients. Add the linguine and cook as the label directs. Reserve 1 cup cooking water, then drain.
2. Meanwhile, season the shrimp with salt. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and red pepper flakes and cook until garlic is just golden, 30 seconds to 1 minute.
3. Add the shrimp and cook, stirring occasionally, until pink and just cooked through, 1 to 2 minutes per side. Remove the shrimp to a plate. Add the wine and lemon juice to the skillet and simmer until slightly reduced, 2 minutes.
4. Return the shrimp to the skillet, along with any juices from the plate, along with the linguine, butter and 1/2 cup of the reserved cooking water.
5. Continue to cook, tossing, until the butter is melted and the shrimp is hot, about 2 minutes, adding more of the reserved cooking water as needed.
6. Season with salt; stir in the parsley. Serve with lemon wedges.

Recipe and photo courtesy of foodnetwork.com

BECAUSE MOM

*Need a dose of inspiration today? [Watch this heartwarming video,](#)
from us to you with love. You feel all the feels. Because mom ...*

You can also watch at savethechildren.org/because-mom.



LOOKING TO UNWIND? FEEL INSPIRED? BE ENTERTAINED?

There's a podcast for that

True crime, comedy, meditation, hard-hitting interviews ... whether you like to relax by keeping up with the latest news or by finding your next binge, it's all there on an audio platform.

If you're not sure, here are five great podcasts about self-reflection and personal care:

1. Unlocking Us with Brene Brown
2. Oprah Super Soul Conversations
3. Ted Talks Daily
4. On Purpose with Jay Shetty
5. Party in my Plants

Check them out!



LOSE YOURSELF, BUT NOT YOUR SPOT

A small gift

Thank you for being you. Here are some bookmarks you can print (to keep or share).
They'll ensure with each new book, you'll never lose your spot.

Happy reading!





Celebrate you — and those you care about the most — by caring for yourself.

We hope these ideas will help you give back to yourself more often.



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