

Between Study Breaks

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Eggs, milk, grated cheese, cassava starch, and boiling oil. Whenever my mother begins to prepare cheese biscuits, a typical Brazilian dish, I immediately pause my doings to assist her. It is not because my mother requires my help to execute this recipe; in fact, cheese biscuits are quick and easy to make. But there is something about baking that brings us closer together. To me, nothing is more valuable than taking a break from my busy schedule and prioritizing what warms my heart: family time.

As much as I like offering my mother a helping hand, her soothing support provides me with a sense of comfort and safety that helps alleviate my stress and anxiety as I navigate throughout college. Since moving to a small town in Vermont, I have found ways to cope with homesickness. Besides calling my mom during study breaks, I also frequently post Instagram stories to keep her updated on my life, to which she replies with advice in my DM. My mother's guidance and dedication on taking care of my sister and I inspired me to become a good mother in the future and foster healthy relationships among family and friends.

More than simply enjoying my mother's company, making connections with others and creating memories brings me great joy. Whether it is baking or engaging in intimate activities such as watching a movie together, my love language is quality of time. Slowing down and being present while strengthening bonds with others allow me to cherish life's simple pleasures.