

We often prepare for pregnancy and childbirth, however forget about how life changes after having a baby. Remember to take care of yourself too. It's equally as important for your family. So be gentle with yourself!



STRESS MANAGEMENT

ACTIVITIES TO IMPLEMENT
WHEN YOU NEED THEM

- Deep breathing
- Taking a shower or bath
- Going on a walk or other exercise
- Getting outside for fresh air
- Establish a routine
- Eating a balanced diet
- Staying hydrated
- Making sleep a priority
- Listening to music or a podcast
- Plan for social time

This is not a transition you should have to go through alone. I encourage you to talk with your healthcare provider to come up with a plan that works best for you.

TAKING CARE OF YOUR MENTAL HEALTH

Check in with yourself - how are **YOU** doing?

- Set check in reminders on your phone
- Have friends or family check in on you periodically
- Find a support group with other mothers
- Set boundaries
- Ask for help when you need it

