



# The Path to Wellness

## Perinatal Mood & Anxiety Disorders

*You are not alone  
you are not to blame  
with help, you will be well*

- Postpartum Support International

### CHANGES YOU CAN MAKE AT HOME

**1. MAKE TIME FOR YOURSELF** Being a good mother means taking care of yourself

- Get out of the house and do something you enjoy
- Have your partner or friend watch the baby so you can get a break
- Put the baby in a safe place, like the crib, and take 5 minutes for yourself
- Listen to music you enjoy. Postpartum support International has a premade Spotify playlist specifically for moms: [www.postpartumprogress.org/warrior-moms-playlist](http://www.postpartumprogress.org/warrior-moms-playlist)

**2. REMEMBER TO EAT** Keep your energy up by eating healthy foods

- Keep snacks near where you feed the baby so you can eat too
- Try to eat healthy snacks like nuts, dried fruit, and energy bars
- Drink lots of water to stay hydrated
- If you need help getting food, ask your doctor about WIC

**3. STAY ACTIVE** Physical activity can help improve your mood

- Try to get outside at least once a day; even light exercise or walking can help

**4. GET SLEEP** It is important (but difficult) to get rest when you have a new baby

- If you can, try to nap when the baby naps
- If you're breastfeeding, you may need to sleep in 2-3 hour blocks of time with a goal of 7-9 hours total in a 24 hour period
- If you're feeling depressed or anxious, you may need to find a way to get 5-6 hours of continuous sleep
- Ask a trusted friend or family member to help out if you need a little extra rest

**5. STAY CONNECTED** No one expects you to do it on your own

- Don't be afraid to ask for help
- Have a to-do list ready for when friends ask how they can help you
- Connect with community organizations or support groups in your neighborhood

**TIPS**

Have **REALISTIC** expectations about motherhood

Make time for activities that make you **HAPPY**

Don't turn down **HELP**

Stay connected with **SUPPORTIVE** friends and family



Sometimes self-care techniques are not enough to help you feel better, and that's okay. There are specialists that provide therapies and medications to help you feel like yourself again. Talk to your primary care doctor, your child's pediatrician, or your OBGYN for more treatment options that are right for you.

# My Maternal Well-Being Plan

## PLAN AHEAD

My best place for relaxing that I can get to easily is: \_\_\_\_\_

Healthy, easy foods I like to eat are: \_\_\_\_\_

One place I can go to get healthy foods (ex. grocery store, WIC, food bank, church): \_\_\_\_\_

People I can ask for help when I need it:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Ways I like to exercise or connect with other people, which I could do with a small baby:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Songs I like to listen to are:

1. \_\_\_\_\_ 2. \_\_\_\_\_

Three activities that take less than 15 minutes that I can try to do everyday (ex. reading, deep breathing, walking):

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## JUST IN CASE

Having a new baby is a big change.

There are resources to help people figure out how to adjust. You can find help to keep you and your baby healthy, both mentally and physically. If it's not going well, it's good to recognize that and get help.

My early signs that I am feeling bad, depressed, or too anxious:

\_\_\_\_\_  
\_\_\_\_\_

It can be difficult to talk about not doing well. If you feel like this, who are 3 people you would talk with?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

What will you say?

\_\_\_\_\_  
\_\_\_\_\_

## GET HELP

If it is not an emergency, but I need advice:

Provider's office daytime phone:

\_\_\_\_\_  
Provider/clinic after hours phone:

If it is an emergency and I am scared I will hurt myself or my baby:

- Call 911
- Call the National Suicide Prevention Hotline at 800-273-8255

Other support options:

Postpartum Support International- DC:  
[202-643-7290](tel:202-643-7290)

My therapist/ social worker/ home visitor:

\_\_\_\_\_  
Maternal mental health specialist:

\_\_\_\_\_  
WIC:

\_\_\_\_\_

**Aunt BERTHA** helps you search for free or reduced cost services like medical care, food, job training, and more. Visit [auntbertha.com](http://auntbertha.com).

## TIPS

Save a picture of this worksheet on your phone so you can access the information if you need it later!

