

5 Survival Tips for Pregnant or Postpartum Moms





5 Survival Tips for Pregnant or Postpartum Moms

RAISING AWARENESS AND BUILDING RESILIENCE FOR YOUR MENTAL HEALTH

Navigating new motherhood, whether during pregnancy or in the postpartum period, can be an emotional journey filled with highs and lows. For many women, the transition to motherhood brings about a sense of joy and fulfillment, but it can also trigger feelings of uncertainty and a loss of control. Pregnancy and childbirth are profound life changes that can leave women feeling vulnerable and overwhelmed as they adjust to their new roles and responsibilities.

5 Survival Tips for Pregnant or Postpartum Moms

1

BUILD A ROUTINE

There is so much uncertainty when it comes to pregnancy and postpartum. A routine promotes a sense of control and accomplishment, which can positively impact your mental health. It provides a sense of purpose and fulfillment amidst the challenges of new motherhood. Try to find something in your day that you can build a routine around.

2

GET OUTSIDE

Spending time outdoors in fresh air can help clear the mind and improve mental focus and clarity. It can reduce feelings of stress, anxiety, and depression, promoting overall mental well-being. Fresh air and exposure to natural sunlight stimulate the production of serotonin, a neurotransmitter associated with feelings of happiness and well-being. Try getting outside every day for any amount of time. Even if it's a trip to the mailbox and back, sitting on your front step, taking a few minutes to be outside can be extremely beneficial.

5 Survival Tips for Pregnant or Postpartum Moms

3

CONNECT

Social connections have a significant impact on mental health and well-being. Interacting with others helps reduce feelings of loneliness, depression, and anxiety, while promoting feelings of happiness, belonging, and fulfillment. Try connecting to someone each day whether it be a phone call, interacting with people at the store, going to the library, or a support group.

4

MAKE HEALTHY CHOICES

Making healthy choices provides positive coping mechanisms for managing stress, anxiety, and other emotional challenges. Engaging in activities like exercise, mindfulness, and hobbies can help alleviate symptoms of depression and anxiety, providing a healthy outlet for processing emotions.

5 Survival Tips for Pregnant or Postpartum Moms

5

REMEMBER: EVERY STAGE IS TEMPORARY

Recognizing that challenging stages in motherhood are temporary helps maintain perspective and provides reassurance that difficult times will eventually pass. It allows mothers to focus on the bigger picture and avoid becoming overwhelmed by temporary struggles.

Spilled
milk

Congratulations!

You completed the 5 Survival Tips for
Pregnant or Postpartum Moms

let's connect



@spilledmilk.info

WWW.SPILLEDMILK.INFO