



## 6 Low Stress Ways to Care for Yourself During the Postpartum Period



### EARLY SIGNS OF POSTPARTUM DEPRESSION OR ANXIETY

**Notice when feelings feel heavy or overwhelming**, such as ongoing sadness, anxiety, trouble sleeping, or feeling disconnected.

**Pay attention to concerning thoughts**, especially if you feel unsafe or scared by them.

**Reach out for support right away** — contact a provider or trusted person, and call 988 or seek emergency care if you need immediate help.

*Need support after having a baby? You're not alone!*

*Schedule a free consultation:  
Email: [info@profoundpeace.org](mailto:info@profoundpeace.org)*

### EMOTIONAL & PSYCHOLOGICAL AWARENESS

- Notice and name your emotions.
- Practice self-kindness instead of self-judgment.
- Pause daily to check in and offer yourself support.

### SPIRITUAL OR FAITH-BASED SUPPORT

- Lean into faith for peace
- Use prayer and breath to calm anxiety
- Stay connected through scripture and prayer

### BUILD A SUPPORT NETWORK

- Ask clearly for help – without guilt or shame
- Identify support people you can trust
- Check in weekly to talk about needs, stress, and balance. ***Therapy is perfect for this!***

### SELF CARE & PHYSICAL RECOVERY

- Make rest a daily priority even in small amounts
- Fuel your body with regular meals, water and gentle movement
- Practice self kindness and extend yourself grace

### PROFESSIONAL & THERAPEUTIC SUPPORT

- Complete follow up appointments with your OB-GYN or other providers
- Attend regular therapy sessions to process and exhale emotionally
- Find support with other moms or support groups – ask your therapist!