



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

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!