

EMOTIONAL



What you actually need to prepare for in your postpartum period.

DATE: _____ S M T W T F S

CHECKING in with MYSELF:

How many hours
did I sleep?

Have I moved my body/
exercised today?

☐ YES ☐ NO

Have I gotten any fresh
air today?

☐ YES ☐ NO



STRESS: 1 2 3 4 5 6 7 8 9 10

ENERGY: 1 2 3 4 5 6 7 8 9 10

MOOD: 1 2 3 4 5 6 7 8 9 10

WATER INTAKE:



TAKING CARE of MYSELF:

What's my 1 thing? (One thing I'm going
to do for myself today):

This can wait:

WHEN I FEEL STRESSED I WILL:

☐ Call: _____

☐ Rest (I don't have to sleep - just be
horizontal)

☐ Sit down and have a meal

☐ Get fresh air

☐ Do something pleasurable
(watch a comedy, read, meet
up with a friend.

☐ Do something nurturing
for myself (examples: take
a bath, cuddle with a
partner or pet, make
a cup of tea.

Who can hold the baby
so I can rest or sleep?



Who can I rely on for
social support?



Today's mantra: _____

whole heart
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erica root.

(215) 840-3554

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