

## Critical Rest

### 7 Postpartum practices

With a precious baby in arms, the milk and tears flow. We tackle round-the-clock newborn nursing, changing nappies and over-buttoned babygrows, bleed the lochia, and sip tea (hopefully still warm) with visitors, all the while adjusting to the new body and social role we've emerged with - it's crucial during this process that we cultivate a *culture of rest* and reclaim the old wisdom of 'lying in'.

**What is your relationship with staying home and 'doing nothing'? How often do you sit down, breathe deep and leave the multitasking alone?**

If a postnatal mother can have compassion for her own healing and slow-time, she and her baby will reap rewards for months to come. Deeply resting, which incorporates more than just sleep, can avert health challenges that crop up when the body doesn't have recourse to repair itself.

**When you consistently push through tiredness, you risk:**

Pelvic floor tone (prolapse)  
Kidney and adrenal gland health  
Hormone imbalance  
Liver and digestive problems  
Milk supply issues  
Quality and composition of blood  
Hair, skin, nail and bone integrity, and  
Mental health.



**How can we challenge the guilt, shame & negative self-talk that feels a need to *earn* rest and *prove* worth?**



**What are the seven different types of resting?**

- 1) **Physical rest** (circadian sleep rhythm, napping with baby, yoga, gentle nature walk)
- 2) **Mental rest** (reduce stimulating, aggravating, negative inputs e.g. news, media)
- 3) **Sensory rest** (essential oils, aromatic plants, boundaries with others, mindfulness)
- 4) **Creative rest** (music, dancing, drawing, colouring, painting, cooking, foraging)
- 5) **Emotional rest** (reducing other caring duties for now, connecting with loved ones, journaling, honesty about feelings, setting intentions)
- 6) **Social rest** (who revives and who exhausts you - 'do the math' for positive energy)
- 7) **Spiritual rest** (rituals and rites of passage, naming ceremony, blessings, community)