**Maternal Matters Favored Self-Care Plan**

*A personalized tool to help manage PMAD (Perinatal Mood and Anxiety Disorders) through intentional self-care routines.*

**Step 1: Set Your Intentions**

* What are your self-care goals for this week?
Example: "Prioritize rest," "Practice mindfulness," "Connect with supportive friends."

**Daily Self-Care Routine Planner**

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| --- | --- | --- | --- |
| **Category** | **Morning Routine** | **Afternoon Routine** | **Evening Routine** |
| Relaxation | ☐ Deep breathing exercises | ☐ Take a short walk outside | ☐ Guided meditation or stretching |
| Sleep | ☐ Set a wake-up time | ☐ Short rest or nap (if needed) | ☐ Establish a bedtime routine (bath, read) |
| Nutrition | ☐ Hydrate (glass of water) | ☐ Eat a balanced meal/snack | ☐ Light meal or soothing tea |
| Stress-Management | ☐ Journal or gratitude practice | ☐ 5-minute mindfulness practice | ☐ Reflect on the positives of the day |
| Connection | ☐ Reach out to a friend or support group | ☐ Join a virtual support meeting  | ☐ Spend quality time with family |

**Weekly Self-Care Planner**

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| --- | --- | --- | --- |
| **Day** | **Activity Focus** | **Goal** | **Reflection** |
| Monday | Relaxation: Mindful Body Scan | Example: 15 mins morning meditation | How did it make you feel? |
| Tuesday | Nutrition: Healthy meal prep | Example: Prepare 3 meals | Was it satisfying? |
| Wednesday | Sleep: Improve bedtime routine | Example: Lights off by 10 PM | Did you sleep well? |
| Thursday | Stress-Management: Journaling | Example: Write for 10 minutes | What did you gain from this? |
| Friday | Connection: Call a friend | Example: 20-min chat | How did the conversation help? |
| Saturday | Rest: Unstructured relaxation | Example: Watch a movie or read | What did you enjoy the most? |
| Sunday | Reflection: Weekly review | Example: Journal wins of the week | What are your next week's goals? |

**Quick Self-Care Ideas for PMAD Management:**

* **Mindful Breathing:** 3 minutes of deep, slow breaths.
* **Nature Walk:** Even 5 minutes outside can uplift your mood.
* **Gratitude Practice:** Write down 3 things you're grateful for.
* **Progress Journal:** Track your small wins, no matter how minor.
* **Creative Expression:** Draw, color, or do a DIY craft.

**Emergency Self-Care Plan**

*What to do when you're feeling overwhelmed:*

* **Pause:** Take a deep breath and find a quiet space.
* **Reach Out:** Contact a trusted person or your support network.
* **Grounding Technique:** Use the “5-4-3-2-1” technique to center yourself.
* **Hotline Resources:** Call Postpartum Support International (PSI) or a local mental health crisis line.

**Motivational Quotes & Affirmations**

*Use these to uplift and ground yourself during your self-care routine.*

**Weekly Inspirational Quotes:**

* “You are not alone in this journey. Every small step is progress.”
* “Self-care is not a luxury; it is a necessity.”
* “Healing takes time. Be patient with yourself.”
* “Rest is productive. Give yourself permission to recharge.”
* “You are stronger than you think, and your well-being matters.”

**Daily Affirmations:**

* **Monday:** “I am enough, just as I am today.”
* **Tuesday:** “I am doing my best, and that is all I need to do.”
* **Wednesday:** “I trust the process of healing and growth.”
* **Thursday:** “I honor my needs and give myself space to breathe.”
* **Friday:** “I am worthy of love, care, and compassion.”
* **Saturday:** “I let go of what I cannot control.”
* **Sunday:** “I am proud of the progress I’ve made this week.”