**Tips for Postpartum Emotional Wellness**

**Sleep:** Your brain needs as long a stretch of sleep as possible to regulate mood, 4-6hours is recommended.

**Nutrition:** Continue taking high quality pre-natal vitamins. Avoid caffeine, sweets and processed carbs. Eat protein at every snack and meal such as: cheese, nuts, meats, eggs, and broths.

**Omega-3**: Fish oils are proven to prevent and treat anxiety and depression in new moms. Up to 3000 mg combined EPA and DHA are proven safe during pregnancy and nursing.

**Exercise:** Daily gentle exercise such as walking outside and yoga stretches can make a difference in mood.

**Baby Breaks:** Try to get regular scheduled breaks, ideally you should get at least two hours at a time, three times a week.

**Adult Time:** Join an online group, breastfeeding support group, reach out to a friend. Find safe people to share your feeling on a regular basis.

**Liquids**: Drink two large pitchers of water a day. Dehydration can trigger symptoms of anxiety and fuzzy thinking.

**Affirmations:**

I am good enough in all that I do

Every day I grow into my new role as a mother

I know and accept that I do not need to be perfect

It is important to take care of my own needs

I am open to receiving support from others

I am exactly the mother my baby needs

**Resources**

Inland Empire Maternal Mental Health Collaborative www.iemmhc.org

Postpartum Support International [www.postpartum.net](http://www.postpartum.net) 800 944-4773

Maternal Mental Health Now [www.maternalmentalhealthnow.org](http://www.maternalmentalhealthnow.org)