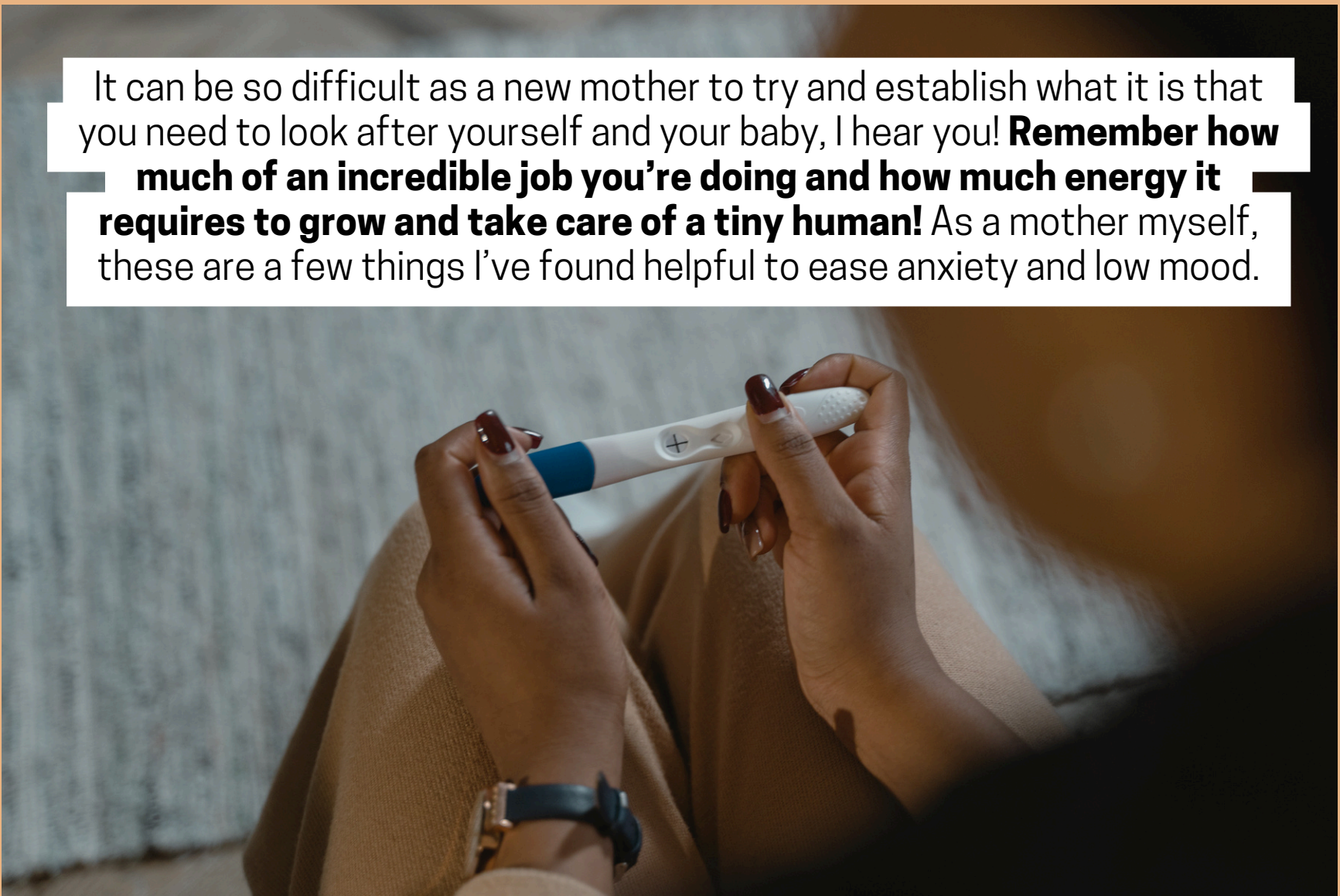


MENTAL HEALTH AND WELLBEING TIPS DURING AND AFTER PREGNANCY



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It can be so difficult as a new mother to try and establish what it is that you need to look after yourself and your baby, I hear you! **Remember how much of an incredible job you're doing and how much energy it requires to grow and take care of a tiny human!** As a mother myself, these are a few things I've found helpful to ease anxiety and low mood.



1

GETTING OUTDOORS

Getting outside for some **fresh air when things feel overwhelming can really encourage grounding yourself.** Using all of your senses, you can begin to notice your surroundings. Deep breaths mama! Even if it's for 10 minutes, it can make a huge difference. **Walking can release endorphins and oxytocin, perfect for you and your baby.**





2

BE KIND TO YOURSELF

Showing yourself compassion can be really tricky when the voice in your mind can talk so loudly sometimes. **I wonder how you might talk to a friend if they felt the way you do? What gentle words would you use?** How would it feel to look in the mirror and say “it’s ok...you’re doing so well”



3

CREATE A ROUTINE

Your routine can look completely different to someone else’s and that’s ok! You might have a particular baby group that you enjoy going to once a week or you might decide that on a certain day each week you’ll have a family member come round to support you. **Any routine big or small can ease you into creating healthy habits that boost your confidence and self esteem.**

4

MINDFULNESS AND MEDITATION

This can look different in so many ways! Stretching, listening to podcasts, deep breathing, somatic movement, chanting, colouring, puzzles. **If it feels like a mindful activity to you, then it is! Bringing mind, body and soul together in any way that's comfortable for you to help ease those anxieties.**

5

ASKING FOR HELP AND SUPPORT

There is never any judgement if you feel like you need professional support. **Early intervention and having open conversations with your midwife or GP can prevent things becoming a bit too much.** You and your baby are always a priority!