

How to Deal with Postpartum Depression & Anxiety

Find a Support System



Find a support system of friends and families! There are lots of places you can find “mommy groups”, or settings where you can naturally connect with other mothers.

Be Prepared With Childcare



You’re going to need some breaks, whether by yourself or with your partner, in the weeks and months ahead. Whether you have family or friends in town who you can trust with your little one, or if you’re able to connect with reliable sitters on Care.com and similar sites, have a small circle of people you can rely on.

Prioritize Your Needs



They’re called “needs” for a reason! Taking care of yourself is essential to maintaining your mental health. Here are the top areas to focus on:

- ♡ Nutrition (balanced diet)
- ♡ Sleep (get creative!)
- ♡ Mindful Movement (walk, stretch, yoga, etc.)

