



Postpartum Self-Care Menu

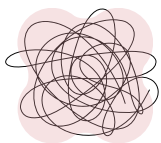
GENTLE IDEAS FOR WHEN MOTHERHOOD FEELS HEAVY



You don't need to do more.
You just need the right support.
Pick what you need, when you need it most.

WHEN YOU FEEL...

TRY THIS GENTLE SELF-CARE



OVERWHELMED

Everything feels like too much.

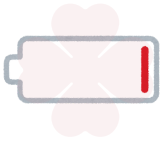
- Take 5 slow belly breaths
- Step outside for fresh air
- Write down 3 things on your mind
- Do one small task and call it enough
- Remind yourself: You are doing better than you think.



ANXIOUS

Worry feels constant and exhausting.

- Name what's worrying you right now
- Place your hand on your chest and breathe slowly
- Focus on what you can control in this moment
- Remind yourself: you are safe right now



EXHAUSTED

Your body and mind feel completely drained.

- Sit down and rest, even briefly
- Drink a glass of water
- Close your eyes for a moment
- Let yourself pause without guilt



DISCONNECTED

You feel like you've lost yourself.

- Do one small thing you used to enjoy
- Listen to music you love
- Write down how you're feeling
- Remind yourself: you are still you



IRRITABLE

Small things are setting you off.

- Step away for a few minutes
- Lower expectations for today
- Take a short break from what you're doing
- Remind yourself: this is a hard moment, not a failure



SAD OR TEARFUL

Emotions feel heavy and hard to shake.

- Let yourself cry if you need to
- Sit quietly without distractions
- Write what's on your heart
- Remind yourself: this feeling will pass



JUST NEED A MOMENT FOR YOU

You need a reset.

- Take 3 slow breaths
- Sit in silence for a moment
- Sip something warm or comforting
- Give yourself permission to pause

