

You are not alone.
There is hope.
Women do get better.

Things I can work on

Depression and Anxiety in
pregnancy and after the baby is
born is treatable.

Choose one area to work on and add others as you begin to feel better.

1. Stay active

- Make time every day to do something physically active such as; walk with the baby in the stroller for 10 or 20 minutes or dance to a favourite song

For ___ days during this week, I will spend at least ___ minutes doing _____

2. Eat and drink small amounts frequently

- Your body and brain need food for energy and to avoid intense hunger which can lead to poor food choices. Purchase simple meal foods to have on hand (eg pre-cut and frozen vegetables, bagged salad, fruit, milk, cheese strings, pre-portioned yogurt, canned fish, eggs, frozen entrees, buns, bread, crackers).

For ___ days during this week, I will eat at least ___ small meals and drink ___ glasses of _____, _____, _____, _____

3. Do something that gives you a sense of enjoyment each day

- Even though you may need to work a little more at doing things that are pleasurable, try doing something that you have enjoyed before such as listening to music or watching a funny TV show or video.

For ___ days during this week, I will spend at least ___ minutes doing _____

4. Spend time with people who help or support you

- When you are feeling down it is easy to avoid people but you should not be alone all the time. Choose people who you can talk to or who can do your activities with you or look after the baby while you relax or help you prepare meals to freeze. Talk to them about how you feel, if you cannot talk about it that is okay.
- Your partner, family and friends may be sources of support.

For ___ days during this week, I will make contact for at least ___ minutes with _____ (name), doing or talking about _____ (name), helping me with _____

5. Relaxing

- For many women with depression, it is hard to stop feeling sad or having unhappy thoughts. Learning to relax can help. Things like slow deep breathing, saying comforting quiet things to yourself 'Even though I am feeling down, I am a good mother to my baby', taking a warm bath or sitting and concentrating on relaxing one leg at a time can help.

For ___ days during this week, I will spend at least _____ minutes doing _____

6. Set simple goals

- Do not expect too much too soon. Do simple things like reading only a few pages, fix a cup of tea, or put a roast in the oven. Give yourself credit for each thing you do and break work into small steps.

In the next week I am going to _____

When: _____

Where: _____

How likely am I to do the above thing during the next week?

Very likely

Maybe

Unsure

Not very likely

For more information about what you can do to take care of yourself while depressed and mothering your baby, and other topics such as, challenging negative thoughts, and problem solving, refer to the Self-Care Depression Program & Resources available at:
www.bcwomens.ca/services/healthservices/reproductivementalhealth