

# Mental Well-Being Awareness Checklist

## During Pregnancy

- Education:** Learn about postpartum mental health issues, such as postpartum depression and anxiety, to recognize the signs
- Open Communication:** Talk to your healthcare provider about your mental health concerns during prenatal check-ups.



## Before Birth

- Support System:** Build a strong support system of friends and family who can provide emotional support and assistance after childbirth.
- Birth Plan:** Consider your mental health when creating your birth plan and share it with your healthcare provider.



## After Birth

- Self-Check:** Regularly assess your mental well-being and be honest with yourself about how you're feeling.
- Baby Blues:** Understand that it's normal to experience baby blues, which typically last a few days to a couple of weeks.
- Sleep:** Prioritize sleep and rest whenever possible, as sleep deprivation can affect your mental health.
- Self-Care:** Make self-care a priority, even in small ways like taking short breaks or enjoying a hobby.
- Accept Help:** Don't hesitate to accept help from others when offered.
- Healthy Lifestyle:** Maintain a balanced diet and engage in gentle exercise, with your healthcare provider's approval.
- Talk About Feelings:** Share your feelings with someone you trust, whether a partner, friend, or therapist.
- Seek Professional Help:** If you notice persistent symptoms of depression or anxiety, reach out to a mental health professional.



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## Ongoing

- Support Groups:** Consider joining a new moms' support group to connect with others who may be experiencing similar challenges.  

- Monitor Symptoms:** Keep an eye on your mental health over time and seek help if symptoms worsen or persist.
- Be Kind to Yourself:** Avoid self-criticism and remember that it's okay to ask for help and take breaks.
- Bonding Time:** Spend quality time bonding with your baby, which can positively impact your mental well-being.  

- Professional Guidance:** Continue to attend therapy or counseling sessions if recommended by a mental health professional.
- Re-evaluate Work-Life Balance:** When returning to work, assess your work-life balance and make adjustments if needed.

Remember that mental health is a crucial aspect of overall well-being. Prioritizing it not only benefits you but also contributes to your ability to care for and bond with your baby. If you ever feel overwhelmed or experience persistent symptoms of depression or anxiety, don't hesitate to seek professional help.

