



# Pacific Post Partum Support Society

200 – 7342 Winston St, Burnaby, BC V5A 2H1 Canada  
Telephone Support: 604-255-7999 [www.postpartum.org](http://www.postpartum.org)

## What Helps?

- Being gentle with yourself
- Nurturing yourself
- Getting breaks away from child/children
- Finding ways to take care of yourself while with children
- Developing a support system – safety net, friends, family, professionals, support group
- Accepting and talking about painful feelings ie: grieving losses, dealing with anger
- Journaling – writing about your feelings, tearing it up if you don't want anyone else to read it or keeping it to keep a record of your recovery process
- Getting support and help in order to cope with suicidal thoughts and feelings
- Taking note of the good feelings
- Acknowledging and validating what you are getting done as opposed to what is left to do
- Physical exercise
- Relaxation techniques i.e., breathing exercises, relaxation tapes, yoga
- Getting in touch with what your needs are as a new mom
- Asking for help
- Getting in touch with what you like to do
- Eating nutritiously
- Realistic expectations
- Sleep
- Talk to your doctor or ask for a referral to a psychiatrist; medication if necessary