

Self-care for New Parents

As a new parent, it is easy to feel overwhelmed when you're depressed or anxious. It can be hard to deal with problems when you're feeling sad and have little energy. Setting goals for things that are within your control has been shown to help women feel emotionally well. Your goals should be fairly easy to start. You do not need to do all of these. Choose one or two activities to try in the coming weeks.



People who are experiencing symptoms of depression or anxiety also have thoughts about harming themselves or that they might be better off not living any longer. Usually these thoughts go away once treatment has begun but if these thoughts get worse, if you feel unsafe, or feel you cannot resist the urge to act on these thoughts, please call GCAL—The Georgia Crisis and Access Line 800-715-4225

Love yourself

First, and everything else falls in line. You really have to love yourself to get anything done in This world
-Lucille Ball





| B | I | N | G | O | |
|---|-------------------------------------|---------------------------------|----------------------|---------------------------------|---------------------------------------|
| Read a book | Say hello to 3 strangers walking | Have breakfast for dinner | Write a poem | Go to a museum or gallery | Organize a closet |
| Learn something new by watching a video | Eat a meal outside | Pet a friendly cat or dog | Plant a Flower | Upcycle | Play a board game |
| Play cards | Write down your 10 best qualities | Make up your own Madlibs | Bake something sweet | Text a friend | Paint your partner's toes |
| Send someone a postcard | Remember a pretty place you visited | Do your nails in lots of colors | Color or paint | Sit in the sun | Eat ice cream for breakfast |
| Write a prayer | Practice square breathing | Take a bubble bath | Watch a funny video | Ask a friend to stay over night | Learn 3 new words in another language |
| Organize a messy drawer | Listen to A meditation | Start a journal | Try a new food | Ask for a foot massage | Learn a joke and to tell 3 people |

Stay Physically active. **Take small steps to get things done.**

Make time for pleasurable activities. Ask for help when you need it.

Accept that you too are human.

MEDITATE

Make time to talk with friends or family whether in person or phone or computer. **Practice relaxing.**

Love the work in progress that is you.

Set simple goals **Put your own oxygen mask first**

