**What can I do to feel better now?**

Rest when your baby sleeps.

Let your partner know how you are feeling.

Make your needs a priority. (#speakthesecret)

Let others know what they can do to help.

Avoid strict or rigid schedules.

Give yourself permission to have negative feelings.

Screen phone calls.

Do not expect too much from yourself right now

Allow yourself a moment to laugh.

Avoid overdoing anything.

Be careful asking too many people for advice.

Trust your instincts.

Set limits with your guests.

Avoid people who make you feel bad.

Set boundaries with people you can’t avoid.

Eat well.

Avoid caffeine and alcohol.

Take a walk.

Set small goals for yourself.

Stay on all medications you have been instructed to take.

Don’t be afraid to ask for help.

Get out of the house.

Don’t feel guilty, it wastes energy.

Play.

Expect some good days and some bad days.

Prioritize what needs to be done and what can wait.

Thank your partner for helping you.

Don’t compare yourself to others.

Be very specific about what you need from your partner.

Do not blame yourself.

Delegate household duties.

Limit your time on the Internet.

Spend less time on social media.

Surround yourself with people you love.

Avoid people who make you feel uneasy.

Do the best you can. If it doesn’t feel like enough, it’s enough for now.

Encourage your partner to seek support from friends and outside activities.

Confide in someone you trust.

Remind yourself that all adjustments take time.

 \*As always, if you are worried about the way you feel, let someone you trust, know what you are thinking or feeling.

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Reviewed 11/30/2020

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