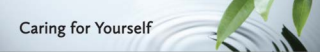


Caring for Yourself



Taking proactive steps toward health and wellbeing can help you feel better more quickly.

Nutrition

Eat at least three meals per day that include protein (small meals are OK).

It may be helpful to prepare dinner leftovers on a plate to microwave for lunch the next day.

Keep water and snacks near where you feed your baby and in your diaper bag so they are accessible at all times.

Sleep

Aim for at least 8 hours of sleep in a 24 hour period.

Nap or rest during the day if you are tired. If you're unable to sleep, listening to a relaxation track may be helpful.

Talk with your care provider if sleep does not come easily to you or if your sleep is not refreshing.

Exercise

As you're feeling better, it may be helpful to go outside one time per day.

Identify a way to exercise that is enjoyable to you, eventually working up to half an hour or more three times per week if possible.

Social Support

Realize that during this time you may not be able to handle stress as effectively as usual. Limit the amount of time you spend with people or in situations that cause you stress.

As you are able, spend time each week with people who are important to you. Allow yourself to accept help from others.

When you are ready, joining a mother's club or support group can be very useful. Ask your care provider or Jacki for referrals if you need them.

If any of these areas are causing you difficulty, contact your health care provider or Jacki Silber directly. Jacki is always interested in discussing your concerns.

JACKI SILBER, LMFT

LICENSED MARRIAGE & FAMILY THERAPIST

Registered with 0002 (a), 0010499 (London) (0001) (LMFT)

More information: supportivesolutionsforyou.com

Email: jacki@supportivesolutionsforyou.com

Phone: 650.260.4883