



# Women's Wellness Group

O F D U N W O O D Y

## Motherhood is a personal and unique journey

Here are some **self-care** and **wellness reminders** to help ease the transition post-delivery, and set you up for a positive postpartum experience. See the full version on our website at

[www.WomensWellnessofDunwoody.com](http://www.WomensWellnessofDunwoody.com)

### STEP 1: Care for Self

- Hydration (at least 6-8 glasses/day)
- Nutrition (healthy balanced meals or snacks) - visit our website for quick and healthy EASY food ideas
- Vitamins
- Medications (as prescribed, consistently)
- Sunlight (at least 10 min/day)
- Restorative Sleep (at least 5 hrs at a time—when your baby allows)
- Mood Check-In (3-4 times/day)
- Physical Activity (at least 10 min/day)  
Visit our website for ideas on how to incorporate 10 minutes of physical activity in your day, every day!
- Relaxation Activity (at least 10 min/day)

### STEP 2: Watch for Symptoms

#### Common symptoms of anxiety

- Increased agitation & irritability
- Obsessions, worry, and racing thoughts
- Hard time with sleep (when given the opportunity)
- Decreased appetite

#### Common symptoms of depression

- Sadness and/or crying
- Mood swings
- Anger
- Feelings of hopelessness, worthlessness, or loss of interest

#### Symptoms requiring immediate attention

- Disturbed thoughts; nonsensical speech
- Delusions, paranoia, hyper religious references (that are out of norm)
- Thoughts of self harm or harm to others

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### STEP 3: Ways to Cope

- Identify symptoms
- Ask partner/family member for help
- Call a close friend and ask them to come visit or schedule an activity with them
- Increase self care tasks (step 1)

### STEP 4: Contact Providers

- Call your doctor or healthcare provider (OB, midwife, therapist, psychiatrist, nurse practitioner)
- Schedule an appointment/have an evaluation
- Be open to new medication or an increase/change in current medication

### STEP 5: Follow Through

- Attend appointments (medication and/or therapy)
- Have a support person during hard times
- Remind myself that what I am feeling is common and treatable, and that I will get better with the right help