

## Postnatal Mental Wellness

Taking time for yourself, to look after yourself because you deserve it!

Ponder this: One of the most important relationships in your life is the one you have with yourself.

Life as a new mum can certainly be a challenging time, there is so much to learn and adjust to which is completely life changing, let alone adapting to the changes your body has been through and is going through. I certainly remember not being prepared for how life changing it was with a new baby to care for and adjusting to how my body had changed.



To help you with your mental wellness I have a few tips:

- It is important to connect with yourself and reflect on how you are doing, how you are feeling and where your mindset is at to help you achieve mental wellness. So where is your mindset at? Are you feeling positive about making healthy choices for your body to function optimally, if not think about how you could adapt your mind set and make choosing healthy habits a daily if not weekly habit and see if you notice a difference.

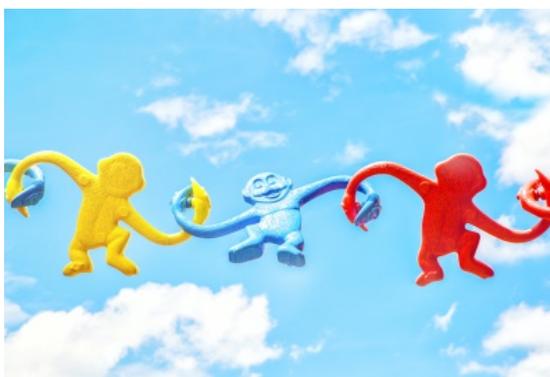


- Exercise and nutrition contributes to your well-being. Incorporating exercise and nourishing nutrition into your lifestyle in alignment with your individual values, priorities and desires will help improve your mental wellbeing and energise your life. For me, getting out in the fresh and walking with bubs in the pram became a regular habit and I still really miss it when I can't get it in 3-4 times a week. It's the best thing, let your

mind wander, it's motivating and inspirational, in my case it led me to being a pre and postnatal personal trainer supporting you here today! ☺

- Pelvic floor and/or core dysfunction is common among postpartum women, and can contribute to poor mental wellbeing, however it is rarely talked about and often just accepted as the new normal. Targeted core and pelvic floor recovery exercise done right and safely for your stage in postnatal recovery can not only improve our core and pelvic floor recovery and function but then also benefit your mental wellbeing.

- Think about the positives of your life and body, what are you grateful for? Notice the positive feelings, strengths, reduced aches and pains you are having that making the time and effort for you is worth it! Also how are you doing as a mum, focus on the positives of what is going well for you, your baby and within your family, even just the little things, they all help.



- Your support system, this is crucial and involves something/someone different for everyone; from partners, friends, grandparents, local community neighbours, social media (this can be controversial at times) to plunket groups. Use your support system, talk with those you trust about how things are going for you. Visit community groups for socialising yourself and your baby, this not only provides a place for you to talk

but also a connection to others who are going through the same as you. Speak with your plunket nurse or healthcare provider for advise on relevant community groups you can visit.

- Hormones! Significant changes in your hormones occur during and after pregnancy which contribute to changes in mood and thinking. On top of that if you are breastfeeding, this also results in significant hormonal changes too. It is quite common for a new mother to have 'baby blues' in the first few days or weeks after birth and in most cases these subside however adding sleep deprivation on top of hormonal changes life can certainly be overwhelming at times. If however you feel you are struggling to achieve or maintain your mental wellness, please speak to someone such as your family/friends, midwife, general practitioner for support and help getting through this.
- There is no need to be ashamed of feeling overwhelmed, sad or depressed. Please don't put too much pressure on yourself.

