

Coping with postnatal anxiety and/or depression

Once postnatal it's easy to forget about you, but a happy mum means a happy baby. Here're some things you can do to help support your postnatal emotional well-being.

- ✧ It's very common to experience mild mood changes after having a baby. Talk to friends and family, it helps to vent.
- ✧ Sometimes it may be more than the 'baby blues'. Up to 1 in 5 women develop mental health problems during pregnancy or in the first year after birth, including postnatal depression and/or anxiety. If you are struggling then talk to your healthcare professional, they are there to help.
- ✧ Talk to other new parents. They are probably going through something similar.
- ✧ Try a postnatal group to meet parents in the same boat.
- ✧ Try baby-feeding cafes.
- ✧ Try baby activity classes to meet new parent friends.
- ✧ Try apps like PEANUT to meet new parent friends.
- ✧ Try apps like calm or other meditation and mindfulness apps.
- ✧ Get active (Please find more information on how to do so safely in our 'Postnatal exercises for mums' checklist). It's surprising what a bit of exercise can do for your mood.
- ✧ Eat a healthy, varied and balanced diet.
- ✧ As well as having a balanced diet, consider a daily supplement, that contains 10mcg of vitamin D.
- ✧ Try to make time for the normal things like showering and doing your hair. Simple things make a big difference.



- ✧ Write a mood diary. Noting how you feel each day can help you realise what makes you happy and what doesn't.
- ✧ Be kinder to yourself. You can only try your best. Try not to expect everything to be perfect.
- ✧ Ask friends and family to help. A few less errands on your to do list can make all the difference.

