

Self-Care

Why Self-Care is Important

The first few days and weeks after your baby is born are often filled with many emotions and mixed feelings. Caring for your baby, changes in sleep and emotions can all affect how you feel and your ability to cope.

You may find that you:

- have mixed feelings about no longer being pregnant, your birth experience, your baby, or your role as a parent
- have a lot of energy or feel very tired
- have emotions that go from happy to sad and back again
- feel differently about how you look and the changes your body has gone through

Taking care of yourself, both mentally and physically, is one of the most important things you can do for yourself. It can help your mental health by reducing stress and giving you the energy you need to cope with change, solve problems and manage your feelings and emotions.

Try practicing these self-care tips:

- Drink plenty of fluids, eat regularly and follow Canada's Food Guide.
- Be active. Even going for short walks can help boost your energy and mood.
- Ask for and accept help from others.
- Talk about how you're feeling with someone who will listen without judging and who can offer you support.
- Take time for yourself, even if it's just for short periods of time to help you feel refreshed.
- Take a nap or rest when your baby sleeps.

Be kind to yourself—caring for a new baby is a lot of work.

If you are struggling, you are not alone.

Questions or Need Help?

1. Talk to your health care provider
2. Call Health Link 811 or the Mental Health Helpline 1.877.303.2642 for support and information.

For information on postpartum mental health and self-care visit Healthy Parents, Healthy Children www.healthyparentshealthychildren.ca

For information on Postpartum Depression visit www.ahs.ca/ppd