



*Use this worksheet as a guide for creating your own personalized postpartum wellness plan. Feel free to be creative and remember that your mental health is a worthy top priority!*

## **Sleep**

How will I get a five hour segment of uninterrupted sleep, at least two nights a week? Write your plan below.

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Who is on your “sleep support team”? (People who can take over nighttime care and feedings to allow you time to sleep and/or take day-time naps.)

- 1.
- 2.
- 3.

What supplies or preparations will be helpful for you in getting enough sleep? (Examples, earplugs, sleep mask, access to a cold, dark, quiet room.) \_\_\_\_\_

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**Nutrition:**

What can you do to make sure that I will have enough nutritious food available to eat?

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Who can help you with meals if you need assistance?

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What can you do right now or in advance to prepare?

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**Exercise:**

Once you are physically recovered enough to do so (under the guidance of your doctor), physical exercise can be a helpful daily activity for maintaining overall wellness. How do you plan to get enough physical exercise?

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**Support team:** The postpartum period is a time when a mother needs support more than ever, and one of the greatest strengths a mother can have is knowing when to ask for or accept help. Use the list below to gather contact information for your own personal support team. You may not need to use all of these resources, but it can be helpful to know where to go if the need arises.

Ob-gyn/PCP: \_\_\_\_\_

Psychiatrist: \_\_\_\_\_

Psychotherapist: \_\_\_\_\_

Postpartum doula: \_\_\_\_\_

Lactation consultant: \_\_\_\_\_

Someone to come help with the baby: \_\_\_\_\_

Someone to help with household tasks/meals: \_\_\_\_\_

List the names and phone numbers of three support people whom you can call if things get tough:

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It can be helpful to make sure you are checking in with at least one adult each day. This includes making time to talk about how YOU are doing, not just the baby. Who are some people that you can call or talk to when you need some adult conversation or just a chance to vent?

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**Stress- management:**

Make a list of activities that you can do that will help you to relax and manage stress. Consider activities that you enjoy, as well as activities that have proven relaxing in the past.

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**Self-talk:**

When things get tough, it can be helpful to use compassionate self-talk. Below are some statements that may be helpful. Add some statements of your own, as well.

“I’m doing the best I can.”

“I’m learning how to do this.”

“This too shall pass.”

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**Other resources:**

Free Support Group for New Moms:  
Wednesdays, 12pm-1pm  
The Center for Postpartum Family Health.  
3418 Mercer, Suite 100 Houston, TX 77027.

Call 713-561-3884 for more information or go to [www.cpfh.org](http://www.cpfh.org).

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Postpartum Support International: [www.postpartum.net](http://www.postpartum.net)

Postpartum Progress: [www.postpartumprogress.com](http://www.postpartumprogress.com)