

# Self Care Plan

## R

### **Routines, Rest, Relaxation**

- Regular time for activities — eating, sleeping, exercising
- Relaxation — yoga, meditation, massage, warm baths, deep breathing, physical affection
- Relationships — supportive partner, family and friends

## E

### **Eating, Exercise, Education**

- Eat a variety of foods, following Canada's Food Guide
- Drink 8 - 10 glasses of water daily
- Avoid alcohol, nicotine and limit caffeine
- Moderate exercise: walking, running, swimming
- Read about and understand Perinatal Mood Disorder

## S

### **Self Care, Sleep, Spirituality**

- Sleep, rest as much as possible
- Reconnect with nature
- Find a sense of meaning/purpose
- Build a support network — community programs, places of worship, peers, family, and groups for Perinatal Mood Disorders
- Look for practical support — childcare, cleaning, laundry and meals

## T

### **Time for self, Tracking feelings, Treatment**

- Time to meditate, think, relax
- Keep journals — write down feelings
- Medication — anti-depressants or anti-anxiety may be necessary
- Consider acupuncture, light therapy, Omega-3 fatty acids
- Physical assessment to rule out underlying problems (thyroid, haemoglobin, blood sugar, etc.)
- Cognitive Behavioural Therapy, Talk Therapy, counselling, Interpersonal Therapy, Non-directive counselling

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