

Self-Care Plan

It is normal for pregnant and postpartum women to go between moody, anxious or sad. Things can pile up and you may unintentionally decrease your self-care. In order to stay on track with your mental health, it can be beneficial to have a self-care plan to follow when feeling anxious, overwhelmed, or just wanting to stay on top of your day-to-day stress level. List different activities below to start!

Fun Activities I enjoy:



Goal: I plan to do 1-2 of these every _____ for _____ minutes.



Relaxing Activities I enjoy:

Goal: I plan to do 1-2 of these every _____ for _____ minutes.



Social Activities I enjoy:

Goal: I plan to do 1-2 of these every _____ for _____ minutes.

Self-Care Plan

What would prevent me from doing these activities?

What can I do to make sure I do my self-care activities?

What are the benefits of me engaging in these self-care activities?

Words of encouragement to get me motivated to do my self-care activities:

- My future self will thank me later
- I can't take care of others if I don't care of myself too
- I deserve some "me time"
- I don't need to feel guilty for needing breaks
- I'm not a bad mom for wanting to step away from my baby/child
- I can trust others to watch over my baby/child for my mental health



You got this!