

## 5 SIMPLE WAYS TO PRACTICE POSTPARTUM SELF-CARE



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### Ask For & Accept Help

Easier said than done I know, BUT it is still important and necessary for us moms to accept help. It can be as simple as asking your partner to take the baby for 30 mins while you nap or asking a grandparent to bring over your favourite meal. Asking for help from your community is a form of self-care that shouldn't make you feel guilty. You are most definitely deserving and it's the small things that make a world of difference.

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### Do Something For YOU!

This can be as simple as taking an Epsom salt bath (great for getting in added magnesium), washing your face, brushing your teeth, stretching, changing your clothes, literally ANYTHING that makes you the priority and leaves you feeling refreshed. Doing something for you in the postpartum period is anything but selfish, it is restorative, supports physical and mental health, and just gives you a minute to reconnect with yourself. Motherhood is hard and the postpartum phase is unrelenting. Take the time and make yourself a priority when you can.

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### Rest Anytime You Can

Please, please, please, REST. I know the saying "sleep when the baby sleeps" is a complete joke and totally unrealistic, but in these early newborn days, it is essential that you take a rest in some form each and every day. Your body just ran a marathon and it is TIRED. Taking a few moments throughout the day to close your eyes and let your body relax, even if you don't sleep, is productive and helps you be a more present and attentive parent.

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### Get Enough Food & Water

Taking care of yourself is literally one of the last things on your mind as a new mom but eating and drinking enough is vitally important to how you feel mentally, emotionally and physically. Staying well nourished and hydrated also impacts the production of breast milk so if you're hoping to breast feed, this is just another reason to make sure you are getting in those calories. Replenishing nutrient stores with foods that are high in protein, healthy fats, whole grains and micronutrients will be a game changer in terms of physical recovery and mental health.

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### Spend Time Outside

Seek out daily opportunities to be in nature. Walk in the woods, go for a hike, walk along the beach, do some gardening, anything in nature that resonates with you will do. Expose yourself to the beauty of nature and reap the benefits. Immersing yourself in nature helps calm the central nervous system, elevate your mood, and increase energy levels.



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