



4 TIPS TO FEEL YOUR BEST AFTER BABY ARRIVES

Taking care of your health after pregnancy includes focusing on your mental and physical health. Mental health is all about your mind - your thoughts, your emotions, and how you react to your emotions. Physical health focuses on your body... the foods you choose, your sleep pattern, and your activity level.

When one area of your health is not doing well, other areas can get off track. Feel your best after baby arrives with these 4 tips:

1 NOTICE YOUR EMOTIONS

Emotional changes after delivery are normal and sometimes called "baby blues." "Baby blues" can start 2-3 days after childbirth and can last up to 2 weeks. They usually go away on their own. Postpartum depression or anxiety in the first year after pregnancy is common. If you feel sad, irritable, or anxious for more than 2 weeks - call your healthcare provider.

What can you do if you have "baby blues?"

- ✓ Close your eyes, and rest for 30 minutes!
- ✓ Connect with family and friends.
- ✓ Refuel your body with veggies and fruits.
- ✓ Get some sunshine and fresh air.
- ✓ Breast or chestfeed. When breast or chestfeeding, the body makes hormones that reduce your stress and bring calmness.
- ✓ Add small amounts of physical activity to your day to boost your mood and energy level!

2 SLEEP WHEN YOU CAN

Adults need about 7 hours of sleep per night. Your baby's sleep will change during their first year. This means yours will too! Try to get the sleep you need through each new phase. Getting enough sleep supports both mood and health. One way to get more sleep is by falling asleep faster.

Try these tips to fall asleep faster:

- ✓ Add in physical activity.
- ✓ Limit screen time before bed.
- ✓ Create an evening routine by getting ready for bed the same way every night.
- ✓ Limit caffeine.
- ✓ Avoid nicotine, alcohol, and drugs.





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3 EAT TO HEAL YOUR BODY AND FEEL YOUR BEST

Your body needs to be fed healthy nutrients. Those healthy nutrients are used to give your body energy to work!

Want to feel more energized?

- ✓ Eat regular meals. If you skip meals, the body misses nutrients that help you feel your best.
- ✓ Eat fewer foods with added sugars. Sugar may give you a short energy boost, but it's usually followed by low energy. Small changes can be helpful.
- ✓ Instead of sugar on your cereal, top it with sliced bananas and use low-fat milk.



4 MOVE YOUR BODY

Talk with your health care provider about when you can increase your activity. Once you're able, add small amounts of gentle movement. Stop if you feel pain.

Activities you can start with:

- ✓ Play with the kids in the park
- ✓ Take the stairs vs. the elevator
- ✓ Push the kids in a stroller
- ✓ Clean
- ✓ Walk the dog
- ✓ Dance!
- ✓ Practice yoga
- ✓ Stretch



PHYSICAL ACTIVITY CAN:

- ✓ Boost your mood.
- ✓ Improve your sleep.
- ✓ Relieve stress.
- ✓ Increase your energy levels.

Take This Lesson to Learn:

- Tips to be your healthiest self after baby arrives.
- How mental health, sleep, nutrition and physical activity affect each other.
- How “baby blues” and postpartum depression differ and when to reach out for help.

To Get Started:

- Visit wichealth.org
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- Choose a username and password
- Select **Begin**
- Choose the category: **Pregnancy And Baby's First 6 Months**
- Choose the lesson: **Taking Care Of You After Baby Arrives**

