

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: May 31, 2021

Content provided by: Alberta Health Services

Postpartum mental health

Adjusting to a new baby during abnormal times isn't easy. Coming home with your new baby may be an adjustment. Caring for your baby, changes in sleep and emotions can all affect how you feel and cope. Taking care of yourself, both mentally and physically, is one of the most important things you can do for yourself. This will help you have the energy you need to take care of your baby.

Practicing these self-care tips may help your mental health by reducing stress and giving you the energy you need to cope with change, solve problems and manage your feelings and emotions.

- Take things one step at a time and one day at a time.
- Drink plenty of fluids, eat regularly and follow Canada's Food Guide.
- Be active. Even going for short walks can help boost your energy and mood
- Take a nap or rest when your baby sleeps.
- Talk about how you're feeling with someone who will listen without judging and who can offer you support.
- Write down your thoughts or feelings in a journal.
- Take time for yourself, even if it's just for short periods of time to help you feel refreshed.
- Practice simple relaxation techniques such as deep breathing and distraction. Taking short relaxation breaks throughout the day can be really helpful.
- Ask for and accept help from others.
- Say no to any household tasks that are not urgent.
- Spend time with your partner.
- Stay connected with your family and friends.



- Connect with others safely such as virtually or for a walk around the neighbourhood. It can help to meet people who may be going through the same things as you.

Be kind to yourself—caring for a new baby is a lot of work. No new parent has all the answers—you'll learn as you go. Take the time to enjoy getting to know your baby. It's your smiles, gentle voice, facial expressions and the gentle touch you provide as you help your baby meet their needs (e.g., feeding, sleeping, changing diapers) that build the connection needed for healthy attachment. Take your time and enjoy the journey.

Talk about your concerns with your family doctor, your partner or someone else you trust. To learn more about what you can do for yourself in tough times and where to get help, visit www.albertahealthservices.ca/helpintoughtimes or call the Mental Health Helpline, 24 hours a day, seven days a week, at 1-887-303-2642.