

Stress Management

Becoming a mother, whether it is your first or fifth child is a time of great transition. Give yourself a full year to heal and transition into your new life. Be gentle on yourself, prepare what you can ahead of time, build a support team for yourself and have a few tools to manage stress if needed. The following are tried and trusted tools to help relieve stress:

Stay nourished - follow the postpartum specific diet in this healing protocol. This diet can be followed for a minimum of 40 days and for the entire year and beyond as you wish.

Breath work - breathe slowly, always breathe through your nose, and learn diaphragm breathing - this means that your diaphragm expands out as you inhale and contracts as you exhale. This can take months to learn. Simply practice a few times and it will eventually become habit.

Movement - yoga (if you have clearance from your caregiver) and/or walks - devote 20 minutes a day to each.

Meditation - 5-20 minutes - however you like, youtube videos, spotify recordings, meditation apps, yoga nidra, silent walking is also considered a meditation. Here are a few Youtube options you can try:





MINDFULNESS WITH PEOPLE OF COLOR
"...WE SEE YOU BECAUSE WE ARE YOU."

**MINDFULNESS and
SELF-COMPASSION**

presented by
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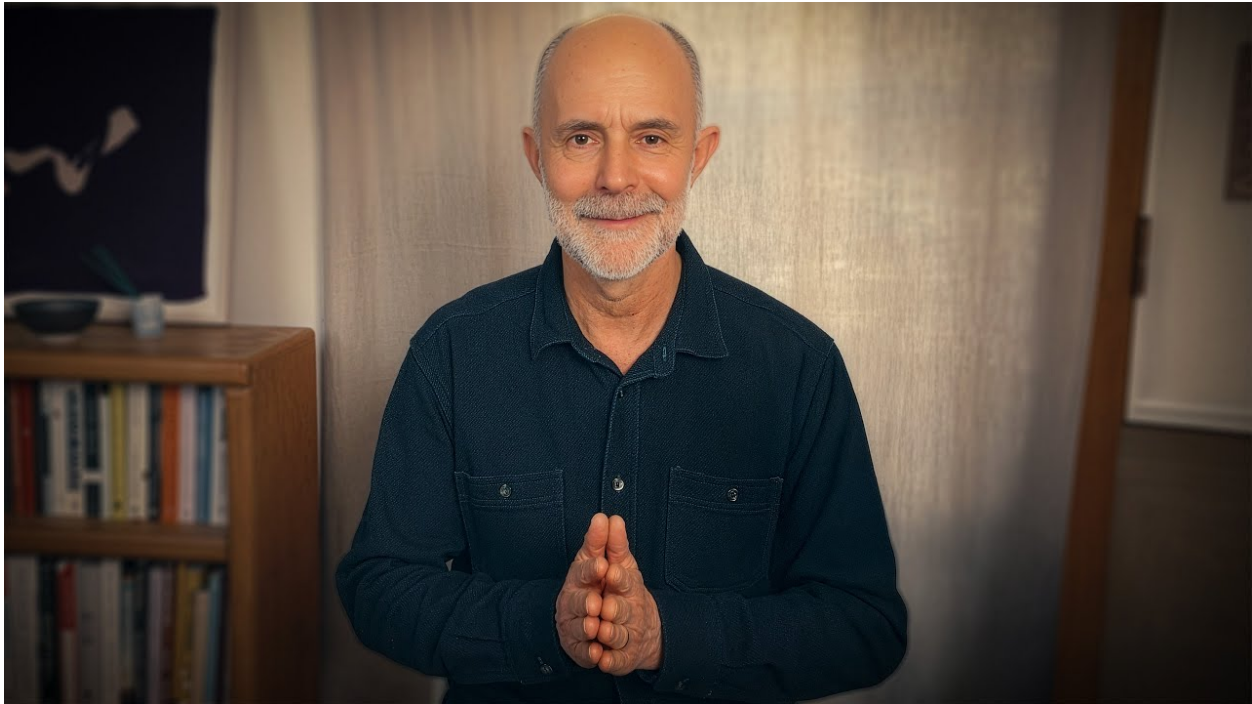
 @mindfulpoc



MAMA MEDITATIONS: OVERCOMING BURNOUT

WITH JOANNA HUNT





Allogrooming - this is a type of non-sexual touch from another person that increases oxytocin (the love hormone), examples are - hair brushing, hair cut, facial, or even someone applying a lint roller to your shirt. 20 second hugs also release oxytocin. Give it try.

Home Design - decluttered, safe, cozy, and organized so you can easily find what you need when you need it. Prepared before baby arrives.

Ask for help - this is the time to ask for help, do so whenever needed. Let your support team help with cleaning, cooking, watching your baby, laundry and errands. Tell your family and trusted friends that you will need them more during this time. Hiring a doula might help as well if that is an option for your family.

Seek expert advice, it can relieve a lot of stress to get professional guidance on anything that is concerning you. Talk to a professional therapist if you are having anxiety, depression or overwhelm.

Take a bath - if you have been cleared from your caregiver, take a soothing bath.

Music as medicine - there is a multitude of research that shows the power of healing music. Play around with different relaxing types of music. You may like electronic solfeggio beats, alpha inducing trances, Spanish guitar, choral voices, piano, Celtic harp, jazz, whatever it is, implement it into your daily lifestyle as a medicine.

Do the Birth De-Briefing Exercise when you are ready, usually within the first 40 days if that is comfortable for you. See PDF