

WELLNESS PLAN for PERINATAL MOOD AND ANXIETY DISORDERS

Therapist/counselor

Therapy with a professional experienced in PMADs is a crucial piece of getting better. Detail names, phone numbers, addresses, and next appointments.

Sleep plan

Aim for chunks of 2-3 hrs of uninterrupted sleep. Detail how to schedule sleep with your partner.

Household help

What can you delegate? What can you give up for now? List ideas and who will do what.

Medical management & medications

Medication might be the right decision for you. Detail names of providers (psychiatrist, nurse practitioners, other doctors); appointment details; medication names and dosages.

Nutrition plan

Emphasize protein to improve mood. Detail shopping, meal prep, and food ideas.

Other support team members

parents, sisters, friends, church groups, postpartum doulas

Support group

Social support is critical to reducing stress and to feel valued and cared for. Detail names, locations, and meeting information for local groups.

Me-time and couple-time plan

What things rejuvenate you? Detail when you will have time by yourself and with just your partner.

Perinatal Support Washington

perinatal-support.org

Warm Line 1-888-404-7763



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