



Wellness wheels are used to help identify areas of internal strength and resilience and areas to turn to devote time, emphasis and attention to support you on your wellness journey.

For more resources check out: PerinatalSupport.org

## Using the Wellness Wheels

We've identified 8 key areas of wellness, but you can use as many or as few as you like. You are also encouraged to add your own!

**Food**: Healing, nourishing and caring for your body. *Examples: I will emphasize protein-rich foods to my improve mood and ways to prepare. I'll write out a shopping/meal prep plan, and always keep Luna bars stocked for a quick snack.* 

**Movement:** Tending to your body, which needs healing. *Examples: I have concrete ways to incorporate movement into my daily rituals, a walk around the block, or into the front yard for some baby-assisted stretching.* 

Sacred Space: This can include home space, the need for privacy, or emotional space as well. Examples: I will come up with a list of things that can be delegated to maintain pieces of my household sanctuary. I.E. dirty dishes must leave the bedside table daily. Or, to promote bonding only parent/s hold the baby during their awake hours. During naps, they can go to others relatives.

Community: Identifying support systems and creative ways of being cared for. Social support is critical to reducing stress and feeling valued. Small and large ways people can provide support are essential. Examples: What people rejuvenate me? I will detail when I will have time by myself and other nourishing relationships. In what ways can they show up for me? Is it to bring a coffee lifeline or maybe run a load of clothes, or perhaps just another new parent to text at 4am during infant feedings.

Connection to Earth/Place: Creating and sustaining relationships with special places is one way to support wellness. Examples: I will take walks to my favorite parks and beaches, accessing my natural surroundings as a source of strength.

**Peacefulness:** Peacefulness can also be referred to simply as "the quiet to think." It is the ability to be regulated and not surviving in flight/fight/free mode. *Examples: I will take one 15 minute shower in silence each week so I can be alone and wash my hair.* 

**Sleep:** 4-5 hours of uninterrupted sleep provides the body's necessary restoration. Examples: I will detail how to schedule sleep in overnight shifts or naps and improve my sleep hygiene around screen time to maximize my rest.

Therapy/Medication: Counseling with a therapist trained on Perinatal Mood and Anxiety Disorders or medication management could be strategies that would complement or support your journey. Examples: I will search the PS-WA directory to locate a provider and make a list of 3 providers to call next week.

## Wellness Wheels Example

Feeding Myself: I will put a basket of water bottles and Cliff bars near my nursing spots-in the bedroom and living room.

Movement: On days, it's not raining to walk to det a coffee and support my baby's, circadian rhythm, while soving myself from deaning the coffee pot

Community/Movement: I will Invite my neighbor who also has a baby to walk with me this weekend.

I am a really picky eater and peanut butter toast Is a comfort

food for me

bedtime I will make a Sleep: If I am having bedtime I will make a sleep: If I am falling peace of peanut butter Feeding Myself/Sleep:: If I'm too tired to cook after taost before bed so I sleep with a full stomach.

asleep during a nap this Week I Will try out one of the new podcasts my friend recommended and listen to that and rest.

Community: I will make a list of all my friends who called/texted after I lost my baby and Space/community: I call the one I miss who also experienced loss.

I'm the first in my friend group to have kids. I'm group to have kids. I'm lonely without peers who understand new parenthood

will set a timer and spend 5 mins at the beginning of each nap tidying and let the rest go until my MIL comes over to help.

I value my connection to myself and the earth. I love the change of the seasions and missed getting fresh air.

peacefulness/Connection to earth: I will open the backdoor when I am heating up formula and close my eyes and take three big deep breaths.

Place/Community: This week Will order the newborn hospital Pictures from Costco and ask a friend to bring me a dollar store frame or I'll put It on the fridge

Connection to earth: I will collect some fresh flowers/lavendar on my walk and put them in a jar in the kitchen where I can see them.



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