



Mental Wellness Check-in

Hi friend! Are you ready to be proactive about your mental health, but wondering where to start?

To get you started, check out the following pregnancy and postpartum tool by Postpartum Support International. Consider using it as a conversation aid with your maternity or primary care provider, or mental health professional; it's also a wonderful tool to use for personal check-ins every few months while pregnant and for the first year after delivery.

Go ahead, get real with yourself and see if any apply to you. The good news? There's so much support available if you are struggling.

Perinatal mental health discussion tool

- Feeling depressed or void of feeling
- Feelings of hopelessness
- Trouble concentrating
- Brain feels foggy
- Feeling anxious or panicky
- Feeling angry or irritable
- Dizziness or heart palpitations
- Extreme worry or fears (including for the health and safety of the baby)
- Scary and unwanted thoughts
- Feeling an urge to repeat certain behaviors to reduce anxiety
- Needing very little sleep while still functioning
- Flashbacks regarding the pregnancy and delivery
- Avoiding things related to the delivery
- Not able to sleep when baby sleeps
- Seeing images or hearing sounds that others cannot see/hear
- Lack of interest in the baby
- Thoughts of harming yourself or the baby

