



9 Steps to Wellness

- ❖ **Education** (see list of recommended reading)
- ❖ **Sleep** (REM sleep for brain “repair” of serotonin levels)
- ❖ **Nutrition** (you must eat so your medications can be absorbed, proteins aid mood stability)
- ❖ **Exercise and Time for Yourself** (even a short walk or an hour away - put yourself on the “list”)
- ❖ **Sharing with Non-Judgmental Listeners**
- ❖ **Emotional Support** (i.e. therapy, talking with family and friends)
- ❖ **Practical Support** (help with household chores, errands, etc...)
- ❖ **Referrals to Professionals**
 - Medical provider
 - Therapy provider
 - Support groups
 - Doulas, IBCLCs
- ❖ **Plan of Action**

“Look back over your list. What’s working well and what could be better?”

“What are you going to do when we finish talking?”

*Adapted from “I’m Listening”—by Jane Honikman Founding Director,
Postpartum Support International*