If you have medical or emotional health concerns, seek help. Ask your doctor for a referral to a specialist in pregnancy-related depression and anxiety or call Postpartum Support International at 1.800.944.4773.

- Establish **good sleep** conditions and patterns for at least 7 hours of sleep each night.
- Eat a diet high in **vegetables, fruit, proteins**, and coconut and/or olive **oils**.
- Ensure adequate **Omega-3** fatty acid intake.
- Take a **prenatal vitamin** and **DHA** supplement.
- Engage with other expecting **moms**.

- Consider preparing for childbirth through a new **mom group** to review the following:
  - Baby Care
  - Soothing Babies
  - Breast Feeding Support

- **Be intentionally positive:**
  - Focusing on **positive feelings** toward others and being a mom
  - Performing acts of **kindness**
  - Expressing **gratitude**

- Try **meditation**.
- Consider **acupuncture**.

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