

Tips to Help Prevent or Decrease Anxiety or Depression During Pregnancy and Postpartum

- Sleep or rest when your baby sleeps.
- Tell your partner what you are going through.
- Screen phone calls and visitors
- Allow yourself to have a range of feelings.
- Avoid rigid rules or schedules.
- Find time for humor and laughter.
- Avoid negative or energy-draining people.
- Eat healthy foods.
- Avoid Caffeine and Alcohol.
- Delegate tasks.
- Don't expect perfection from yourself.
- Limit advice from too many sources.
- Set boundaries with those you can't totally avoid.
- Put yourself high on your priority list!