



STRENGTH • BALANCE • HARMONY



## 5 MENTAL HEALTH TIPS

FOR NEW AND EXPECTING PARENTS

A lot of changes and challenges come with being a parent, whether you are a first-time parent or your family is growing. Life with a new baby requires physical, emotional and relationship adjustments as everyone settles into new activities and routines. Here are some ideas to protect and even improve your strength, balance and harmony while you adjust to new parenting responsibilities.

### 1. BE PATIENT.

It takes time for your body, mind and relationships to adjust to being a new parent. To help yourself find patience, try some quick relaxation practices, like repeating a comforting phrase or taking five deep breaths. Try to notice positive things during this transition period as you learn your baby's signals and how to meet their needs.

**FIND YOUR BALANCE:** What are some relaxation practices you can do in short periods of time?

### 2. PROTECT YOUR OWN WELLNESS WITH HEALTHY ROUTINES.

You might feel like caring for an infant makes it difficult to take care of yourself. Explore new ways to get enough sleep, stay hydrated, be physically active and eat a balanced, nutritious diet to protect your well-being. Your healthy behaviors will help you be a more resilient parent.

**TALK ABOUT IT:** What are some healthy habits that make you feel good? What habits do you want to teach your child?

### 3. LEAN ON FAMILY AND FRIENDS FOR SUPPORT.

Talk regularly to people you trust about your joys and your concerns. If you notice you are overwhelmed, ask them for support. Allow yourself to accept help if it gives you any feeling of relief, and remember to find time for activities that "refill your cup."

**THINK IT OVER:** Who are the people that help you feel supported and strong?

### 4. ENJOY THE JOURNEY.

Even during the hard days of parenting, you can find little things to enjoy and still feel successful. Reliable sources of information can help you set realistic expectations for your child and yourself, while you enjoy learning and practicing new skills with your baby.

**GOOD IDEA:** Every evening, think back about the parts of your day when you felt confidence, happiness, love or other positive emotions.

### 5. PAY ATTENTION TO YOUR MENTAL HEALTH.

Some new parents experience depression, anxiety or other mental health needs. If you are not feeling like yourself or find it hard to enjoy your family, reach out to someone you trust. If you think professional help might be needed, talk to your medical provider or another trusted professional.

**KNOW YOUR SIGNS:** What thoughts or feelings may indicate you need help?

#### RESOURCES:

- [National Maternal Mental Health Hotline](#)  
1 (833) TLC-MAMA (call or text)
- [Perinatal Mental Health Provider Directory](#)