

A woman in a white dress stands in a sun-drenched forest, her arms raised in a gesture of joy or release. The background is filled with warm, golden light filtering through the trees, creating a bokeh effect. The overall mood is peaceful and uplifting.

HOLISTIC

The guide you were looking for

POSTPARTUM CARE

WHAT IS POSTPARTUM ANXIETY?

Postpartum anxiety can be described as feeling overwhelmed with worry after childbirth which can lead to feelings of dread, the inability to relax, and obsessive thinking.



NATURAL WAYS TO TACKLE PPA

- Cognitive Behavioral Therapy
- Incorporate healthy eating habits
- Blood Work
- Supplement



- Food sensitivity Test
- Support System
- Sun Lamp
- Get Outside

Call or text the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262)

CAUSES OF POSTPARTUM ANXIETY

- Birth experience
- Labor trauma
- Struggles with nursing
- Infertility
- Loss
- Sleep deprivation
- Childhood trauma
- Current mental health issues
- Lack of support system
- Hormonal imbalances
- Vitamin deficiencies
- Illnesses
- Death of a family member during pregnancy or after

How can Cognitive Behavioral Therapy help?..

- It can help you change your thought patterns by identifying your feelings and emotions
- You will learn to adopt positive thinking strategies and habits that may hinder you
- Your therapist can be a confidential “helpline” and can be a part of your support system

How can a healthy diet impact mental health?

- **The brain and the gut are connected hence the term “you are what you eat”**
- **If you have an imbalance in your gastrointestinal tract, the bacteria can negatively impact serotonin and dopamine levels**
- **Correcting the imbalance by eating healthy foods that your body is capable of absorbing, can positively influence serotonin and dopamine, which can affect your maternal mood and focus**



WHY IS BLOOD WORK SO IMPORTANT POST PARTUM?

- It can help identify hormonal imbalances, gut issues, and vitamin deficiencies
- Determines the *root cause* of mental health issues or other underlying health issues
- Can help your practitioner identify the best supplements for optimal health
- Acts as a preventative measure as it can help assess risk for future illnesses or diseases

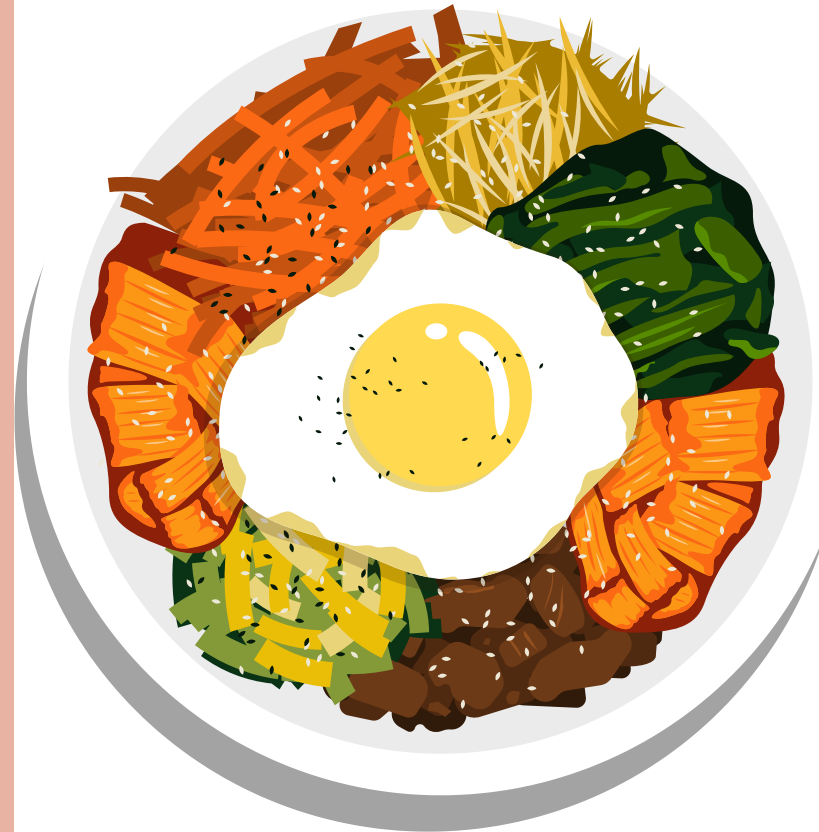


What are the benefits of supplements?

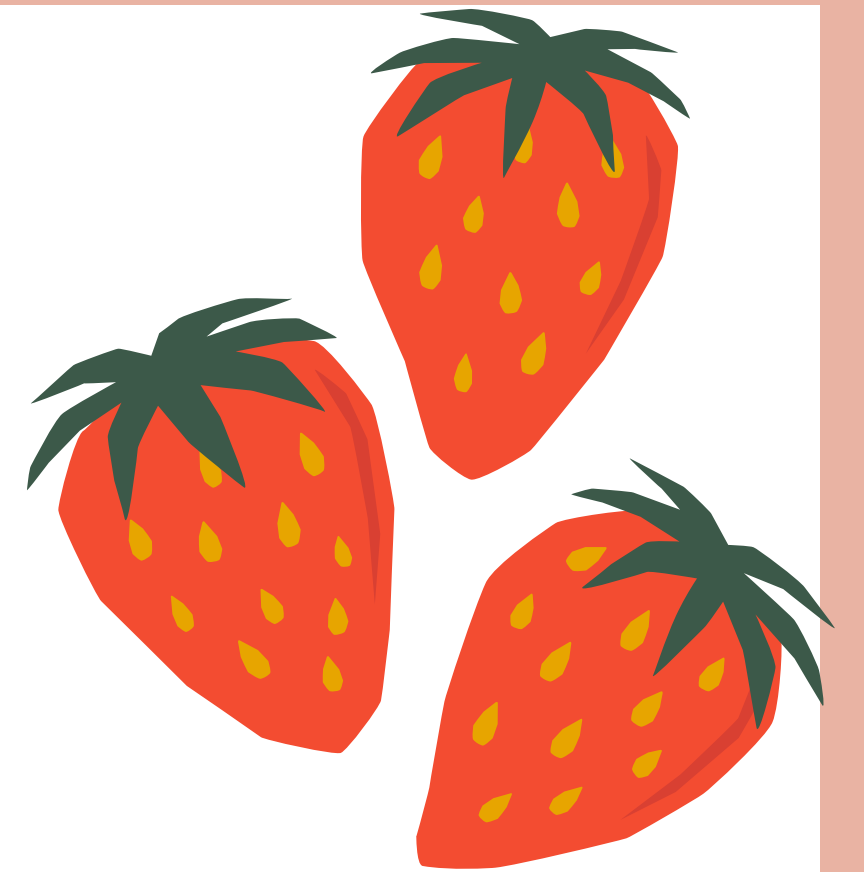


- The right supplements can help the body adapt to stress and reduce cortisol levels
- Can help improve sleep patterns
- Can help restore vitamins and nutrients that were depleted during pregnancy and after giving birth
- Hormonal support
- Improves gut health

How can a food sensitivity test help your anxiety?



- **Food intolerances can sometimes be linked to mental health problems such as anxiety and depression**
- **Imbalances in the microbiome can impact our central nervous system which is a part of our body that affects how we think and feel**
- **Food sensitivities can lead to inflammation in the brain and can lead to “leaky gut” in some individuals**



Why are support groups important?



Provides a sense of purpose and helps you feel less isolated

Build a community of like minded women with the same values or struggles

Helpful resources and coping mechanisms that other moms have used/are currently using

WHAT ARE THE BENEFITS OF A SUN LAMP?



- It can help improve symptoms related to common postpartum mood disorders such as SAD (seasonal affective disorder), anxiety, and depression
- It can be used as a *natural* alternative to medications that increase serotonin, since bright light therapy has been found to positively affect serotonin levels
- Can help increase melatonin levels for postpartum moms who don't get outside as much after giving birth and for those who live in colder, gloomier climates.

WHAT ARE THE BENEFITS OF SPENDING TIME IN NATURE?

- Just a few minutes in nature can positively impact your stress hormone levels and lower blood pressure
- Can help you become more *present* and improves concentration
- Has an impact on your overall physiology such as your cardiovascular system



THANKS FOR VIEWING



ALL THINGS ARE POSSIBLE