

The Postpartum Rebuild Program.

empelvic

PHYSIOTHERAPY

Stop & reset

- Drink some water
- Eat something nutritious (e.g. fruit, protein, healthy snack)
- Open a window or step outside
- Unclench your jaw and shoulders
- Take 5 slow, deep breaths
- Put your phone on do not disturb for 1 hour (if you can)

Make the day easier

- Cancel one non-essential task
- Choose ONE priority for today
- Stop replying to messages for now (if not urgent)
- Sit down whilst feeding or eating instead of multitasking

Nervous system reset ideas

- Walk outside with baby/ pram
- Put your favourite music on
- Stretch on the floor whilst baby is doing tummy time
- Have a nice shower
- Sit in the sun for 5 minutes
- Do a guided meditation / breathing exercise
- Make and drink a cup of tea - only do this, no other tasks

Ask for help

- Text someone and say "I'm having a hard day"
- Ask someone to bring food/ coffee/ help
- Hand over to a partner/ family
- Ask someone to watch baby/ kids if can

You do not need to do everything perfectly to be a good mum. Doing less sometimes allows your body and mind to recover more.