

YOU ARE ENOUGH! YOU ARE CAPABLE! YOU ARE NEVER ALONE!

MOMS, YOU MATTER!

Motherhood is a balancing act and it's important to take care of yourself. Below are some ideas to help get you started if you've been feeling lost lately.

- EXERCISE
- PRAY/MEDITATE
- GRAB COFFEE WITH A FRIEND
- GO AWAY FOR AN OVERNIGHT WITH YOUR FRIENDS, SIGNIFICANT OTHER, OR BY YOURSELF
- CHECK OUT A LOCAL MOPS GROUP (MOTHERS OF PRESCHOOLERS)
- VOLUNTEER IN THE COMMUNITY
- SEEK OUT A THERAPIST

IT'S OKAY
TO NOT BE
OKAY

GIVE YOURSELF GRACE



Prioritize Self-care and what that looks like for you

**Please note, if you believe you are struggling with PPD/A, or another mental illness, inform your doctor immediately so a trained professional can provide you with the help and resources you need*

GRACE
THIS
SPACE

