


My Postpartum

# BLUES BUSTER


*Journal*





**YOU ARE**  
stronger than you believe,  
braver than you think, and  
more loved than you know.

This journal is your guide to navigating the emotional journey after childbirth. You will gain valuable insights into your mental well-being by understanding your mood, reflecting on your experiences, and engaging in self-care activities.



*My Postpartum Blues Buster Journal* presents an opportunity to reflect on your physical and mental health during your postpartum season. However, it does not prescribe a specific course of treatment or procedure to be followed and should not be construed as excluding any other acceptable or recommended methods of practice. Instead, variations that take into account the individual needs of the person, the resources available, and other unique factors may be more appropriate. This publication does not endorse the quality or value of any product, device, or process mentioned in it. Readers should consult healthcare professionals about treatments right for their particular situation.

If you have questions about your health, contact your healthcare provider or medical facility. If you are having a life-threatening emergency, call 911 or go immediately to the nearest emergency department.

# Daily Emotional Snapshot

DATE: \_\_\_\_\_

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

## Purpose:

The daily emotional snapshot can reveal patterns, triggers, and the impact of daily activities and sleep on your mood. Identifying these trends can encourage you to make changes that improve your overall well-being.

**My positive affirmation for today is:**

**Today, I'd like to focus on:** \_\_\_\_\_

**Today, I am grateful for:** \_\_\_\_\_

## My Goals for Today

1

2

3

4

## My Morning Mood



I feel this way because: \_\_\_\_\_

## My Evening Mood



I feel this way because: \_\_\_\_\_

## Coping Strategies

Things I can do when I feel anxious or down:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Last Night's Sleep Quality

What sleep?

Excellent!

☐☐☐☐☐☐☐☐

Total Hours: \_\_\_\_\_

## Today's Energy Level

Low

High

☐☐☐☐☐☐☐☐

Activity Time: \_\_\_\_\_

## Today's Stress Level

Calm

Coping okay

Stressed-out

☐☐☐☐☐☐☐☐☐☐

## Today's Screen Time (TV/social)

None

Too much

☐☐☐☐☐☐☐☐☐☐

# Today's Daily Reflection

DATE: \_\_\_\_\_

Mon  
☐

Tue  
☐

Wed  
☐

Thu  
☐

Fri  
☐

Sat  
☐

Sun  
☐

## Purpose:

Use this daily reflection page to pause, reflect, and connect with your day's highs and lows. By taking a few moments to reflect on your day, you can notice patterns, celebrate small victories, and approach challenges with mindfulness.

## Notes About My Day

---

---

---

---

What went well today? \_\_\_\_\_

---

---

---

What were my challenges? \_\_\_\_\_

---

---

---

Did I try my coping strategies? ☐ YES ☐ NO If yes, what worked best?

---

---

## My Self-care Today

	How I cared for myself:	I learned about myself:	I'd like to improve:
1			
2			
3			



# Living My Best *Life*

DATE:

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

## Purpose:

This page is designed to help you identify and adjust your daily habits and activities to improve your overall well-being. By reflecting on what to reduce, stop, continue, increase, and start, you can create a more balanced and fulfilling life.

### Energy Drainers

**Lighten your load:** Identify activities that drain your energy and find ways to reduce them. List which activities often leave you feeling exhausted or unfulfilled.

**Cutting the cord:** Recognize behaviors or patterns that no longer serve you and commit to letting them go. List what actions or habits are holding you back from your best self.

**Breaking free:** Identify habits that hold you back and make a plan to overcome them. List what behaviors or routines are hindering your progress and how can you work on changing them.

### Positive Actions

**Maintain the momentum:** Acknowledge the positive habits and routines that contribute to your well-being. List some beneficial habits that you should continue practicing.

**Amplify the good:** Focus on activities that bring joy, satisfaction, and growth, and make an effort to increase them. List which activities make you feel alive and fulfilled, and how can you incorporate more of them.

**Embrace the new:** Explore new habits, hobbies, or practices that can enhance your life and bring fresh energy. List what new experiences or habits would you like to introduce into your routine to enrich your life.

# Anxiety Management

DATE:

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

## Purpose:

Have you been feeling stressed or anxious lately? Do you know what causes it? Triggers are specific events, situations, or thoughts that can cause strong emotional reactions, like anxiety. When you recognize a trigger, write it down. Becoming aware can help you develop strategies to maintain emotional balance and improve your mental health.

## I Felt Triggered When

What triggered me and how it impacted my feelings, actions, and thoughts.

## My Action Plan

These are steps I can take to minimize the impact of these triggers on my anxiety and mood.



# 30 Self-care Challenges

## Purpose:

Self-care is essential for your well-being, especially during the postpartum period. Try these challenges to prioritize yourself, recharge, and find moments of joy and relaxation. You can try a new challenge every day, repeat them weekly, or create your own. There's no right or wrong way to start. The most important thing is to take small steps toward a self-care routine that works for you and stick to it.

Take a 10 minute walk outside

Enjoy a relaxing bath

Read a chapter of a book you love

Try a new recipe or culinary experiment

Try a 5-minute guided meditation

Write your thoughts and feelings in a journal

Do a gentle yoga or stretching routine

Call or video chat with a close friend

Declutter a small area of your home for a fresh start

Do a creative activity like drawing, coloring, DIY

Practice deep breathing exercises for 5 minutes

Take a social media break for a day

Give yourself a manicure or pedicure

Listen to your favorite music

Organize a photo album or digital photo book

Write down three things you are grateful for

Have a date night with your partner

Write a letter to your future self

Spend time gardening or caring for plants

Write a short story or poem

Do a random act of kindness for someone

Practice positive affirmations for a few minutes

Donate items you no longer need to a local charity

Take a 20 minute power nap

Write a heartfelt thank you note to someone who has helped you

Dance to your favorite songs for a few minutes

Share an inspiring quote or positive message on social media

Do a short workout or physical activity that you enjoy

Compliment a stranger genuinely

Create a vision board or list of personal goals

# Nutrition Tracking

DATE: \_\_\_\_\_

Mon



Tue



Wed



Thu



Fri



Sat











Sun



## Purpose:

Do you believe that what you eat can have an impact on your overall well-being? Surprisingly, it does! Consuming healthy foods and getting enough sleep can aid your body in recovering from injury and illness. In addition, nutritious foods can also enhance your mood. Keep a journal of your food and water intake as well as your physical activity, and then compare it to your daily emotions to help you identify patterns you can change to improve your health.

	Time	Today's Meals	Snacks (Between Meals)
Breakfast			
Lunch			
Dinner			
<b>Today's Water</b> 8 oz. per serving	       		<b>Vitamins and Supplements:</b>

## Today's Physical Activity

Type of activity: \_\_\_\_\_ Duration: \_\_\_\_\_

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



# My Goals *for Tomorrow*

DATE:

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

## Purpose:

Every day does not have to be perfect. You don't have to be perfect! Give yourself permission to start over as many times as you need to. Treat each day as a new day where YOU can create your story. Use this goals page to plan so you can stay focused, organized, and motivated to make positive progress in your daily life. Remember, you matter, too!

### Top Priorities

Identify the most important task or goal you want to accomplish.

### Self-care

Set a goal that focuses on taking care of your needs.

### Family Relationships

Plan an activity or action for time with family or friends.

### Health and Wellness

Set a goal that feeds your physical and mental health.

### Personal Growth

Identify an activity that will help you grow personally.

### Gratitude

Help someone who is struggling or do a kind act for a stranger to brighten their day.

# Mental Health *Resources*

The internet provides an endless supply of experts and support at a finger's touch. But that vast supply can be overwhelming, and it can be difficult to know which sites supply trustworthy information. We've compiled a list of trusted crisis support resources for new families to help you navigate the challenges of parenthood. We do not control any of the content provided on these resources, nor does this list imply any endorsement.

**call  
911**



**If you or someone you know is in immediate danger, call 911, or go to the nearest emergency room.**

## **988 Suicide & Crisis Lifeline**

Available 24/7. A national network of crisis centers that provide immediate crisis counseling and mental health referrals.

**[988lifeline.org](https://988lifeline.org)** or dial/text 988

Start a chat:

**(800) 273-TALK (8255)** EN

**(888) 627-9454** ES

**TTY (800) 799-4889** EN & ES

## **National Crisis Text Line**

Available 24/7. Crisis counselors who provide immediate support and information.

Text **"HELLO" to 741741**

## **Postpartum Support International**

An organization that provides information, support, and resources for women and men suffering from perinatal mood disorders and can guide you through the process of finding a clinician.

**[www.postpartum.net](https://www.postpartum.net)**

**(800) 944-4773** EN & ES

**Text (503) 894-9453** EN

**Text (971) 420-0294** ES

## **Postpartum Depression Support for Men**

A website providing information and support for men with anxiety, depression, or other mood concerns.

**[www.postpartummen.com](https://www.postpartummen.com)**

## **National Institute of Mental Health**

The leading federal agency for research on mental disorders. Note: Resources provided are for informational purposes only. NIMH cannot provide medical advice or referrals.

**[www.nimh.nih.gov](https://www.nimh.nih.gov)**

**(866) 615-6464** EN & ES

**TTY (866) 415-8051** EN & ES

## **National Domestic Violence Hotline**

Available 24/7. This hotline offers trained experts to anyone in the US who is experiencing domestic violence, questioning unhealthy aspects of their relationship, or seeking resources.

**[www.thehotline.org/help](https://www.thehotline.org/help)**

**(800) 799-SAFE (7233)**

## **International Crisis Support and Helplines**

Befrienders Worldwide provides confidential support to people in emotional crisis or distress, or those close to them.

Support is available in 94 languages

at: **[befrienders.org](https://befrienders.org)**

# POSTPARTUM MENTAL HEALTH *Awareness*



## Know the Warning Signs

Becoming a new parent is an exciting and joyful experience, but it can also be overwhelming and challenging. It's important to be aware of the potential for postpartum mood and anxiety disorders (PMADs), which can affect both parents. If you or your partner notice any concerning symptoms, reach out to a healthcare provider for guidance. Recognizing symptoms early can lead to effective treatment and improved well-being for the whole family! Above all, trust your gut. If you feel something is off, always talk to your provider about it.

### Common Symptoms of Postpartum Mood and Anxiety Disorders

- ✿ **Feeling Sad or Depressed:** Persistent feelings of sadness, emptiness, or hopelessness that don't seem to go away.
- ✿ **Extreme Mood Swings:** Feeling overly anxious, irritable, agitated, or having outbursts of rage.
- ✿ **Intense Worry or Fear:** Experiencing constant worry, fear, or panic attacks that interfere with daily life.
- ✿ **Difficulty Bonding with Baby:** Struggling to form a strong emotional connection with the baby.
- ✿ **Changes in Appetite or Sleep:** Significant changes in eating habits (eating too much or too little) and sleep patterns (insomnia or excessive sleeping).
- ✿ **Fatigue or Loss of Energy:** Feeling extremely tired or lacking energy, even with adequate rest.
- ✿ **Difficulty Making Decisions:** Trouble focusing, making decisions, or remembering things.
- ✿ **Withdrawing:** Avoiding social interactions with family or friends and losing interest in activities that used to bring pleasure or enjoyment.
- ✿ **Physical Symptoms:** Physical issues like shortness of breath, headaches, stomach problems, or muscle pain without a clear cause.
- ✿ **Compulsive or Obsessive Behaviors:** Engaging in repetitive actions such as excessive cleaning or constant checking on the baby, along with persistent and uncontrollable thoughts about germs or fear of accidentally harming your baby.
- ✿ **Thoughts of Harming Yourself or the Baby: Call 911 Immediately. This is a severe symptom that requires immediate attention.**

Please note that is not an exhaustive list, and some symptoms may overlap with other, more serious conditions. It's crucial to consult with a healthcare professional for an accurate diagnosis and appropriate treatment.

**Disclaimer:** This information is for educational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. If you or someone you know is experiencing symptoms of postpartum mood or anxiety disorders, it is essential to seek help from a qualified healthcare provider.



Copyright 2024, Life Events, Inc. • All Rights Reserved • [www.lifeeventsinc.com](http://www.lifeeventsinc.com)

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, posted on the internet, or transmitted, in any form, or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the publisher.