



FaithWorks Counseling

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POSTPARTUM DEPRESSION & ANXIETY: SUPPORT FOR MOMS

Many moms feel pressure to be a “super mom.” But striving for perfection can make postpartum depression and anxiety worse. Remember: your baby needs a loving, safe, and present mom—not a perfect one. Here are some reminders and tools to help you.

1. Normalize and Validate

- You are not alone—postpartum depression and anxiety are common and treatable.
- Being a good mom doesn’t mean being perfect—it means being present and loving.
- The 'good enough mom' is what children really need.

2. Gentle Reminders

- It’s okay to ask for help—you don’t have to do everything on your own.
- Self-care is not selfish; it’s part of caring for your baby.
- Your best today is enough.

3. Coping Tools

- Practice deep breathing: Inhale slowly for 4, hold for 4, exhale for 6.
- Try grounding exercises: Notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- Keep a small journal: Write down one win or gratitude each day.

4. Practical Strategies

- Set small, realistic goals (example: take a shower, rest for 20 minutes, cuddle with baby).
- Accept help with meals, chores, or babysitting—this is strength, not weakness.
- Build a routine that balances your needs and your baby’s needs.

5. From a Christian Perspective ---- Encouragement & Faith

- Remember: God chose YOU to be your baby’s mom.
- Quiet reflection, journaling, or prayer can help you find calm and strength.

6. Did you know?

- *PSI HelpLine* (Postpartum Support International): Call or text 1-800-944-4773.

Keep in Mind:

You don’t need to be a super mom. You only need to be a safe, loving, and present mom. That is more than enough for your baby.