



MOM'S WELLNESS MANUAL:  
STRATEGIES FOR SELF-CARE  
AND MENTAL HEALTH

# THE WOMAN HELPING NEW MAMAS THRIVE

## Get to Know Jaree

Hi, I'm Jaree Williams, a postpartum wellness coach dedicated to helping new moms prioritize their well-being while navigating motherhood.

After my own experience with postpartum depression, I became passionate about empowering moms to reclaim their identity through balance and self-care. I created the 'Nurturing The Mama Membership' to provide community and support on this journey.



As a trained maternal mental health advocate, I focus on helping moms build habits that promote emotional, physical, and mental wellness. My goal is to ensure that every mom feels seen, supported, and capable of thriving, not just surviving, in this season of life.

Through my membership, resources, and coaching, I offer practical tools and compassionate guidance to help moms prioritize themselves without feeling guilty. You don't have to go through this alone – I'm here to walk alongside you.

ARE YOU FEELING OVERWHELMED AND ISOLATED AS YOU NAVIGATE THE EMOTIONAL CHALLENGES OF MOTHERHOOD, STRUGGLING TO MAINTAIN YOUR SENSE OF SELF WITH THE DEMANDS OF CARING FOR A NEWBORN?

DO YOU FIND IT DIFFICULT TO ACCESS THE SUPPORT AND RESOURCES YOU NEED TO ADDRESS POSTPARTUM MENTAL HEALTH CHALLENGES, LEAVING YOU FEELING LOST AND UNSURE OF HOW TO PRIORITIZE YOUR WELL-BEING?

Motherhood is often portrayed only as a beautiful journey filled with joy and love, but the reality can be much more complex. Many new moms find themselves struggling with feelings of isolation, anxiety, and overwhelming fatigue, leading to a disconnection from their own identities.

The struggle becomes even more profound when they face challenges like postpartum depression, feeling as though they are drowning in the demands of motherhood. This is where the New Mom Wellness Manual comes in.

This guide is designed to be a lifeline for new, expectant, and postpartum moms navigating these tough waters. It offers a supportive framework for prioritizing self-care and emotional wellness, helping mothers reconnect with themselves amidst the chaos.

By providing practical strategies for maintaining physical health, cultivating emotional resilience, and building social support, the manual empowers moms to recognize their worth and embrace their journey.

Together, we can reduce the stigma surrounding maternal mental health and foster a sense of community, reminding every mother that she is not alone and that it's okay to ask for help. This guide is here to support you in reclaiming your identity and thriving in motherhood.





## WHY I CREATED THIS GUIDE FOR YOU

As a new mom, I quickly discovered the overwhelming challenges of motherhood, which led to my own battle with postpartum depression. This experience ignited a passion within me to empower other moms facing similar struggles, prompting me to create the New Mom Wellness Manual. This guide serves as a roadmap for new, expectant, and postpartum mothers, emphasizing the importance of self-care and raising awareness about Perinatal Mood and Anxiety Disorders (PMADs).

The manual offers practical suggestions for prioritizing physical health, emotional well-being, and social support while providing a list of resources for additional assistance. I believe every mother deserves to thrive in her journey, and if you find this guide helpful, I invite you to share your feedback at [info@navigatingpostpartumwellness@gmail.com](mailto:info@navigatingpostpartumwellness@gmail.com). As a token of appreciation, you'll receive a discount on your first 1:1 coaching session. Remember, you are not alone – I'm here to support you every step of the way.



## CLIENT RESULTS

I struggled with postpartum depression after the birth of my first child, and it felt overwhelming and isolating. When I became pregnant with my second, I turned to Jaree for guidance, and she truly changed my experience. From our first session, I felt a genuine connection with her, and her support made all the difference. Jaree equipped me with practical tools and emotional support that helped me navigate the postpartum period with confidence. Thanks to her, my second postpartum journey was not only manageable but also filled with joy and empowerment. I can't recommend Jaree enough for any mom looking to prioritize her wellness and find a supportive community!

# SIMPLE WELLNESS TIPS FOR NEW MOMS

Navigating motherhood can be both beautiful and challenging. To support you on this journey, here are some powerful wellness tips designed to enhance your well-being.

Remember, you don't have to tackle everything at once—start with just one tip and see how it positively impacts your life! From this list pick 1 to focus on this week.

## **Self-Care Practices:**

Prioritizing self-care is essential for emotional and physical well-being. Whether you take a warm bath, engage in gentle yoga, or practice deep breathing, these simple activities can help you unwind and recharge. Consider indulging in a hobby you love; dedicating time to what brings you joy can lift your spirits and boost your confidence as a mom.

## **Prioritize Sleep:**

Quality rest is vital for recovery and mental clarity. Try to nap when your baby sleeps, or create a calming bedtime routine that signals your body it's time to wind down. Remember, it's okay to ask for help—sharing nighttime responsibilities with your partner or family can free up precious time for rest, helping you feel more energized and present during the day.

## **Nourish Your Body:**

Fueling your body with a well-balanced diet rich in fruits, vegetables, and whole grains supports both your physical and mental health. Staying hydrated is key to feeling your best, so keep a water bottle nearby throughout the day. Taking prenatal vitamins can also help meet your postpartum nutritional needs, ensuring you have the energy to care for yourself and your little one.

## **Connect with Other Moms:**

Building connections with other moms can create a strong support network. Join local support groups or online communities to share experiences and gain valuable insights (*hence nurturing the mama membership*). Attending mommy-and-me classes can strengthen your bond with your baby while introducing you to other new moms, creating friendships that provide encouragement and understanding.

## **Ask for Help:**

Remember, you don't have to do it all alone! Reach out to loved ones for assistance or consider hiring a postpartum doula for extra support. Delegating household tasks can free up your time and energy for self-care and bonding with your baby. If you're experiencing feelings of postpartum depression or anxiety, seeking professional help is a crucial step toward healing.

# NEW MOM WELLNESS

## **Practice Mindfulness:**

Mindfulness can help you stay grounded during this busy time. Take a few moments each day to check in with your emotions and acknowledge how you feel. Practicing gratitude by jotting down things you appreciate can shift your mindset and bring positivity into your day. Finding moments of stillness—even amidst chaos—can cultivate a sense of peace.

## **Get Moving:**

Gentle movement can boost your mood and energy levels. Start with simple activities like walking or postnatal yoga, and take your baby along in a stroller or carrier for added bonding time. Exploring postpartum fitness classes can also connect you with other new moms while promoting your physical recovery.

## **Stay Connected with Your Partner:**

Nurturing your relationship is essential during this transition. Schedule regular date nights or quality time together to strengthen your bond. Open communication about your needs, feelings, and challenges can create a supportive partnership as you both navigate the joys and struggles of parenthood.

## **Embrace Your Unique Journey**

Remember, every mom's journey is unique, so listen to your body and choose what feels right for you. Prioritizing your wellness is essential for both you and your baby. Start with one tip that resonates with you, and watch how it transforms your postpartum experience with love, self-compassion, and grace.

## **Disclaimer:**

This is not a substitute for care you may need from a licensed healthcare practitioner. The purpose of this is self-help education.



# Self-care Challenge: start today by doing what you can, and take note of what makes you feel good along the way

<input type="checkbox"/> Do morning exercises	<input type="checkbox"/> Drink 8 glasses of water	<input type="checkbox"/> Walk outside for 20 minutes	<input type="checkbox"/> Eat your favorite snack	<input type="checkbox"/> Sleep 7-8 hours a day	<input type="checkbox"/> Sing your favorite songs
<input type="checkbox"/> Learn yoga for beginner	<input type="checkbox"/> Take a warm bath	<input type="checkbox"/> Cook your favorite dish	<input type="checkbox"/> Start to eat healthy	<input type="checkbox"/> Take a me-time	<input type="checkbox"/> Start journaling
<input type="checkbox"/> Do skincare ritual	<input type="checkbox"/> Practice meditation	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Try to craft something	<input type="checkbox"/> Learn new hobby	<input type="checkbox"/> Watch your watchlist
<input type="checkbox"/> Read your favorite book	<input type="checkbox"/> Write out your plans	<input type="checkbox"/> Clean up your room	<input type="checkbox"/> Organize your desk	<input type="checkbox"/> Hang out with friends	<input type="checkbox"/> Try to digital detox
<input type="checkbox"/> Give yourself a break	<input type="checkbox"/> Go to beach	<input type="checkbox"/> Make some word of affirmation	<input type="checkbox"/> Catch up with your family	<input type="checkbox"/> Have a lunch outside	<input type="checkbox"/> Wake up early



# DAILY PLANNER

DATE :

MOOD :



*Plan your day*

TIME	SCHEDULE
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
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## TO DO LIST

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## URGENT!

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## SELF-CARE

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# DAILY WELLNESS CHECKLIST

## **Morning:**

- Wake up and stretch for a few minutes to get your body moving.
- Drink a glass of warm water with lemon to hydrate and boost digestion.
- Practice mindfulness or meditation for 5-10 minutes to set a positive tone for the day.
- Enjoy a healthy breakfast consisting of protein, whole grains, and fruits or vegetables.
- Take a brisk walk or engage in light exercise to energize your body.
- Plan and prioritize your tasks for the day to stay organized and reduce stress.
- Set aside time for self-care, such as taking a shower or practicing skincare routine.
- Connect with your baby through cuddles, playtime, or feeding.
- Get dressed for the day.

# DAILY WELLNESS CHECKLIST

## **Afternoon:**

- Take a break and have a nutritious lunch, including proteins, healthy fats, and fresh produce.
- Drink plenty of water to stay hydrated and maintain energy levels.
- Incorporate movement into your day, whether it's a short walk, yoga session, or stretching.
- Practice deep breathing exercises or mindfulness to reduce stress and increase focus.
- Nurture your mental well-being by engaging in a hobby, reading a book, or listening to music.
- Connect with other moms or loved ones through phone calls, texts, or video chats.
- Snack on healthy options like fruits, nuts, or yogurt to keep your energy levels steady.
- Reflect on your accomplishments and celebrate small victories.

# DAILY WELLNESS CHECKLIST

## **Evening:**

- Prepare a balanced dinner with lean proteins, whole grains, and vegetables.
- Engage in a relaxing activity like taking a bath, reading, or practicing gentle yoga.
- Create a calming bedtime routine to signal your body it's time to wind down.
- Disconnect from technology at least an hour before bed to promote better sleep.
- Practice gratitude by writing down things you are thankful for.
- Stay hydrated by drinking a glass of water before bed.
- Prioritize quality sleep by ensuring your sleep environment is comfortable and conducive to rest.
- Practice self-compassion and remind yourself of the amazing job you're doing as a new mom.

Remember, this checklist is meant to be flexible and adaptable to your unique needs and schedule. Adjust and modify it as necessary to create a routine that works best for you. Taking small steps towards wellness each day will help you nurture your well-being and enjoy this beautiful journey of motherhood.



# MENTAL HEALTH DISORDERS YOU NEED TO KNOW

## 1. Baby Blues

Symptoms: Mood swings, anxiety, sadness, irritability, and difficulty sleeping.

Duration: Typically occurs within the first few days to weeks after childbirth and usually resolves within two weeks.

Note: Common and often linked to hormonal changes and the stress of new motherhood.

## 2. Postpartum Depression (PPD)

Symptoms: Persistent feelings of sadness, hopelessness, irritability, loss of interest in activities, changes in appetite or sleep, and difficulty bonding with the baby.

Duration: Can develop anytime within the first year after childbirth and may last for several months if untreated.

Note: Affects about 1 in 7 new mothers and requires professional treatment, which may include therapy or medication.

## 3. Postpartum Anxiety (PPA)

Symptoms: Excessive worry, restlessness, racing thoughts, panic attacks, and physical symptoms like a racing heart or sweating.

Duration: Can occur in conjunction with or independently of postpartum depression.

Note: Professional help is important, as anxiety can significantly impact daily functioning.

## **4. Post-Traumatic Stress Disorder (PTSD)**

Symptoms: Intrusive memories or flashbacks related to a traumatic birth experience, avoidance of reminders of the trauma, negative changes in mood, and heightened arousal (e.g., irritability, difficulty sleeping).

Duration: Can develop after a traumatic childbirth experience and may persist for months or years without treatment.

Note: Therapy, particularly trauma-focused therapy, is often effective.

## **5. Obsessive-Compulsive Disorder (OCD)**

Symptoms: Intrusive thoughts or compulsions related to the baby's safety (e.g., fear of harming the baby), leading to significant distress and behaviors aimed at reducing anxiety.

Duration: Can occur during or after pregnancy and may require cognitive-behavioral therapy (CBT) or medication.

Note: OCD is often misunderstood, and it's important for new moms to seek help if experiencing these symptoms.

## **6. Bipolar Disorder**

Symptoms: Extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).

Duration: May occur during or after pregnancy, especially in those with a history of bipolar disorder.

Note: Requires ongoing management with medication and therapy.

## **Importance of Seeking Help**

It's essential for new moms experiencing any of these symptoms to seek help from a healthcare professional. Early intervention can lead to better outcomes for both the mother and baby, and support is available through therapy, support groups, and medication when necessary.

# Postpartum Resources

## **Postpartum Support International (PSI)**

<https://www.postpartum.net/>

## **Maternal Mental Health Hotline**

883-TLC-MAMA 1833-852-  
6262 call or text)

## **Suicide prevention Lifeline**

968

## **Breastfeeding Support Line**

800-994-9662

[CLICK HERE](#)

## **Domestic Violence Support**

800-700-SIFE (7203)

## **Child help National: Child Abuse hotline**

18001224453

# YOU DID IT!

Congratulations on taking the crucial first step towards prioritizing your wellness! We hope this daily wellness checklist has been a valuable tool in helping you create new habits that enhance your overall well-being. Remember, consistency is key when building healthy routines, and even the smallest steps can lead to significant changes over time.

As you continue this journey, remember that you don't have to do it alone. There are invaluable postpartum resources available to support you every step of the way. Whether you're seeking guidance on nutrition, mental health, or exercise, these resources can provide you with the information and assistance you need.

## **Explore More Resources:**

- Listen to the Navigating Postpartum Wellness Podcast for inspiration and insights on prioritizing your wellness and reclaiming your identity. Tune in [here](#).
- Visit the Mom Blog for encouragement and practical advice on all things motherhood: [Check it out here](#).
- Subscribe to my YouTube channel for more postpartum tips and information: [@Jaree.Williams](#).

We understand that every mom's journey is unique, and personalized support can make a world of difference. If you're ready to dive deeper and would like 1:1 private coaching, I invite you to join our thriving mom community. Visit [www.navigatingpostpartumwellness.com](http://www.navigatingpostpartumwellness.com) to discover how I, Jaree Williams, can help you achieve your wellness goals and provide the tailored support you deserve.

## **Remember:**

Self-care is not selfish; it's essential for being the best version of yourself for both you and your baby. By prioritizing your well-being, you set a positive example and create a healthy foundation for your family.

Embrace the beautiful journey of motherhood, and continue nurturing yourself. You are worthy of love, care, and wellness, and your journey starts here!