



# Postpartum Support Workbook



CULTIVATING COMMUNITY FOR MY  
TRANSITION TO MOTHERING

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# My Postpartum Support Team

Healthcare providers I can reach out to for support & how to contact them:

Family, friends, neighbours, co-workers who I can ask for help & what they could help with:

Who'll let me rant & complain without judgement or advice giving?

Who'll help me feel motivated or inspired to keep going?

Who can I be really vulnerable/messy/cry with?

Who can I call when I need someone to help me laugh?



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# Ultimate Coping Playlist



Make the perfect coping playlist by filling in the blanks below.

|                         |   |   |  |
|-------------------------|---|---|--|
| <b>Entertainment</b>    | A song that stays stuck in your head when you hear it.                  | A song you know all the words to.                             | Your favorite song from a movie.                           |
| <b>Revival</b>          | A song that represents freedom  | A song that you'd listen to fall asleep.                      | A song that makes you feel pumped up.                      |
| <b>Strong Sensation</b> | A song that reminds you of a good memory.                               | A song that reminds you of someone you care about             | A song that reminds you of someone who cares about you     |
| <b>Diversion</b>        | A song that makes you feel safe.  | A song you find inspirational.                                | Your go to positivity song.                                |
| <b>Discharge</b>        | A song that matches your vibe you get when you feel anxious or worried. | A song that matches your vibe when you feel annoyed or angry. | A song that matches your vibe when you feel sad or afraid. |

# What zone are you feeling today?



## Blue Zone

Sad  
Tired  
Sick  
Bored  
Feeling slow



## Green Zone

Calm  
Happy  
I'm focused  
Feeling okay  
In control



## Yellow Zone

Excited  
Anxious  
Nervous  
Frustrated  
Confused



## Red Zone

Angry  
Scared  
Panic  
I want to yell  
I'm not in control

# Mood & Emotion Tracker

Note how you're feeling each day.

Month:

|    |    |    |    |    |
|----|----|----|----|----|
|    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |    |

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