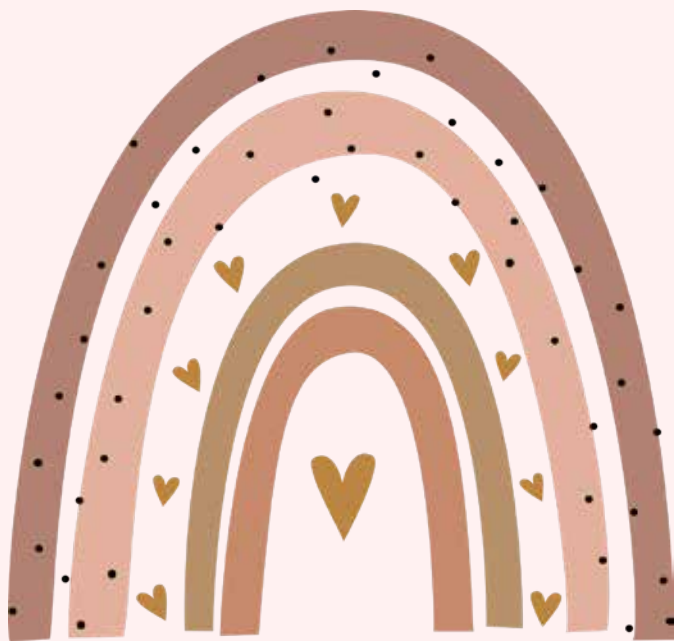


You've Got This

A POCKET GUIDE FOR MATERNAL MENTAL HEALTH



ROBIN GILES —&— JOY SUBRIN

Praise for Y.G.T.



“Everyone should have a copy of this book.”

- Sara N. Frye, OD, MPH & MOM!

“As a therapist supporting those experiencing perinatal mood disorders, this pocket guide gently provides essential information during a rapidly changing time. All new parents will benefit from this beautifully supportive tool!”

- Dr. Alison Sutton-Ryan,
Doctor of Behavioral Health

“This book is easy to read with helpful, concise suggestions for expectant moms to support their mental health and wellness!”

- Mara Gibney, RN
Public Health Antenatal Community Care



Praise for Y.G.T.



For all the women striving to do it all, this book offers a gentle reminder to slow down, care for themselves, and embrace this special time. A must read for every woman entering motherhood and for the loved ones supporting her on this journey.”

-Andrea Moses, MD & MOM of Three

“This is a beautiful book offering valuable information and encouragement for women after they give birth. It offers practical strategies for coping and healing. This guide is a beacon of hope for those navigating the waters of postpartum depression. It’s a great tool for any new mom!”

- Katy Hoeft, PA-C



Forward



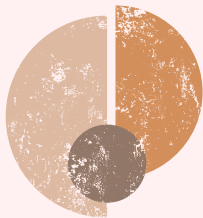
Maternal mental health matters. During your pregnancy so much attention is given to physical changes, we encourage you to pay equal attention to your mental health. We hope that you will use this book as a guide to establish a mental health care plan.

You might be feeling anxious, lonely, afraid, excited or a mixture of many different emotions. Your journey is unique. Talk to your friends, family, and providers about your thoughts, feelings, and mental health during this period of transition.

These pearls of wisdom are our gift to you. They are a compilation of years of training and our experiences working with pregnant people and families just like yours. You've got this!

A special thank you to our own families who supported and believed in us along the way.





A

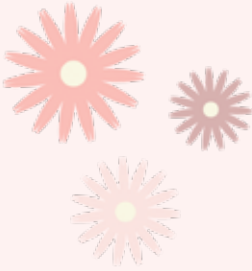
Ask for Help

Be specific in your asks.

Can you hold the baby for me? Can you pick up the groceries? Can we talk about our schedule for next week? Can you take the second nighttime feeding? Will you attend my next appointment with me?

What are your asks?

Take a moment to jot down your thoughts here:



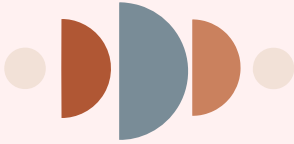
B

Baby Blues

Baby blues typically occur very early after childbirth, peaking around day four or five. It is a very common and temporary set of symptoms that typically resolve on their own in under two weeks.

Symptoms may include:
feelings of sadness, increased tiredness,
difficulty making decisions, and changes in
eating or sleeping habits. If your symptoms continue
more than two weeks, please contact your provider.
Reach out and talk to a trusted family member, friend,
or network for maternal mental health support.

You are not alone.



C

Compassion

Practicing self-compassion is key to nurturing yourself during times of change.

Have you acknowledged your strengths or accomplishments?
Even the small steps count!

“I took a shower today!”

“I brushed my teeth today!”

“I attended a prenatal yoga class.”

“I got a nap while the baby slept!”

What did you accomplish today or this week?
