

# Coping With Postpartum Depression

## 10 STEPS

- 01** Know that you are not alone. Join a support group for new moms.
- 02** Communicate your feelings to your partner or support network.
- 03** Know the differences between baby blues and PPD.
- 04** Get enough sleep. Try to sleep when the baby is sleeping.
- 05** Build a secure attachment with the baby.
- 06** Ask for help. Consult with a therapist experienced with treating postpartum depression.
- 07** Journal about your thoughts and feelings about being a mom.
- 08** Know that thoughts are not facts. Start challenging and reframing them.
- 09** Schedule mommy time.
- 10** Practice self-care.