



moms mental health initiative

with



coaching & wellness

www.ericakarek.com

I'm feeling better (yay!) Now what?...

While the perinatal period lasts from pregnancy- 18 months postpartum, there's no timeline on healing. Honor your unique journey!

It's easy to lose yourself a little, or a lot, when you're stuck in survival mode bringing a new baby into your family AND navigating a perinatal mood and anxiety disorder (PMAD). So, once you begin to feel better (because you WILL feel better), where do you go from here? How do you sort out who you are now? How do you decide who you want to be? We asked Erica Karek of EK Coaching & Wellness to help us guide you into the next chapter!

Take some time to reflect and ask yourself some super real questions:

(This doesn't need to be all at once! You can take it one question at a time. It might help to write down your answers, too.)

- Now that I can see more clearly, what do I know is true about myself?
- What is most important to me about myself as a mother? As a partner? As a woman? As a human being?
- What do I value most at my core? How are these values being honored (or disregarded) in my life right now?
- What do I want more of in my life? Less of?
- What brings me joy? What did I enjoy before motherhood? Does that hold true now?
- What makes me feel good in my body?
- What makes me feel like the best version of myself?
- What would I do if I knew I could not fail?
- What is a single thing I can do today to honor ME (all of me)?
- What do I want to say 'NO' to in order to say 'YES' to what I want/need?
 - How can I set those boundaries? Who is on my team to support me in this?
- As I embark on this new chapter of my life and motherhood, what do I want its title to be?

We hope you feel proud, mama. You've come so far & worked so hard.
Now you get to step into who you are!