Postpartum Feelings Worksheet

Feeling/ Issue	Can I do anything about it?	What can I do to feel better about this issue?
1. I feel fat	Yes	Eat clean and get some exercise. Remember it took 9 months to gain it, it will take time to loose it.
2. I feel isolated	Yes	Call a friend or relative that makes me feel good. Join a mommy's group. Get out with friends.
3. I feel angry that my partner doesn't help	Yes	Calmly and kindly talk to my partner about how I am feeling and suggest things they could do to help.
4. I feel frustrated that my older child is acting up when I need to focus on the baby	Yes	Set up a "nursing basket" that is full of goodies for older siblings that only comes out when I need to focus on baby - Call a friend, relative or babysitter to come over and play with my older child. - Spend some one on one time with my older child so they know they are still important - Get them to help with the baby.
5. I feel sad that this is my last baby.	Yes	- Embrace the experience so there are no regrets > take lots of photos > do mommy and baby classes > join a play group
6. My hair is falling out	Yes No	Talk to you doctor. Some hormone imbalances, such as thyroid and adrenal function, can cause hair loss. Get a new hairstyle
7. I feel overwhelmed	Yes	Find some friends/relatives to help me. There is no shame in asking for help. Remember "it takes a village to raise a child" I will create my village and use it.
8. I have no idea if I am doing this "mom" thing right or if my child will grow up to be a mess!	Yes	Talk to other moms. Read quality books/blogs on parenting. Trust my instincts and abilities.