



BUMP & MAMMAS POSTPARTUM



Self-Care Checklist

CARE FOR YOUR SOUL

- ☐ Meditate
- ☐ Practice deep breathing exercises
- ☐ Write in a journal
- ☐ Spend time in nature
- ☐ Practice gratitude
- ☐ Focus on the positive

CARE FOR YOUR BODY

- ☐ Get plenty of rest and sleep
- ☐ Eat a healthy and balanced diet
- ☐ Stay hydrated
- ☐ Take a relaxing bath or shower
- ☐ Engage in gentle exercise
- ☐ Focus on the positive

CARE FOR YOUR MIND

- ☐ Read a book
- ☐ Listen to music
- ☐ Learn a new skill
- ☐ Take up a hobby
- ☐ Spend time with friends
- ☐ Practice mindfulness

CARE FOR YOUR RELATIONS

- ☐ Spend quality time with partner
- ☐ Connect with other new parents
- ☐ Reach out to friends for help
- ☐ Reach out to family for support
- ☐ Set boundaries with those who are not supportive or helpful

It's important to remember that every woman's postpartum experience is unique, and that self-care looks different for everyone. Be gentle with yourself, listen to your body, and prioritize the activities that make you feel the most supported and nourished during this time.