

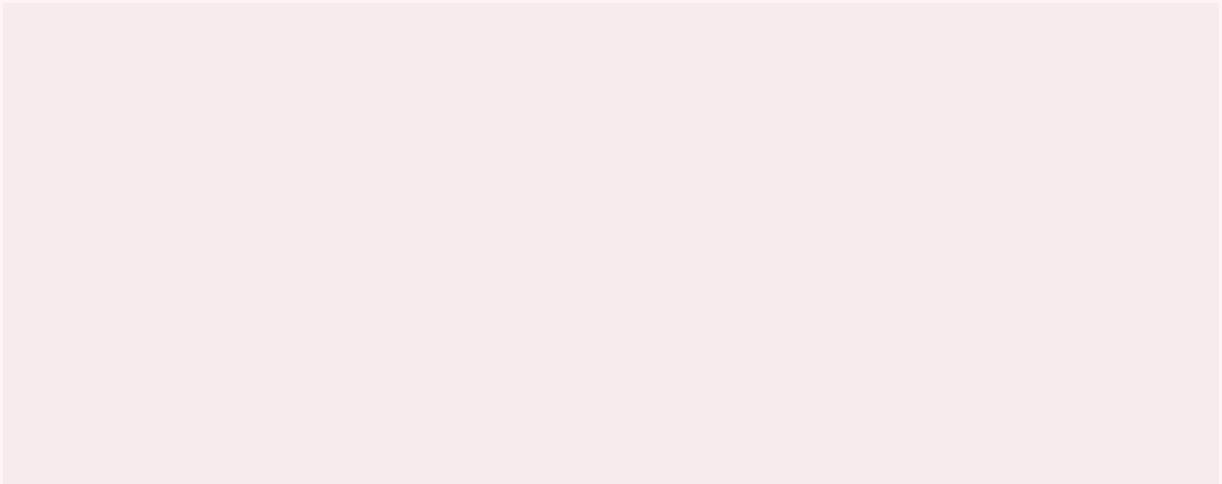
# SELF-CARE WORKBOOK

---

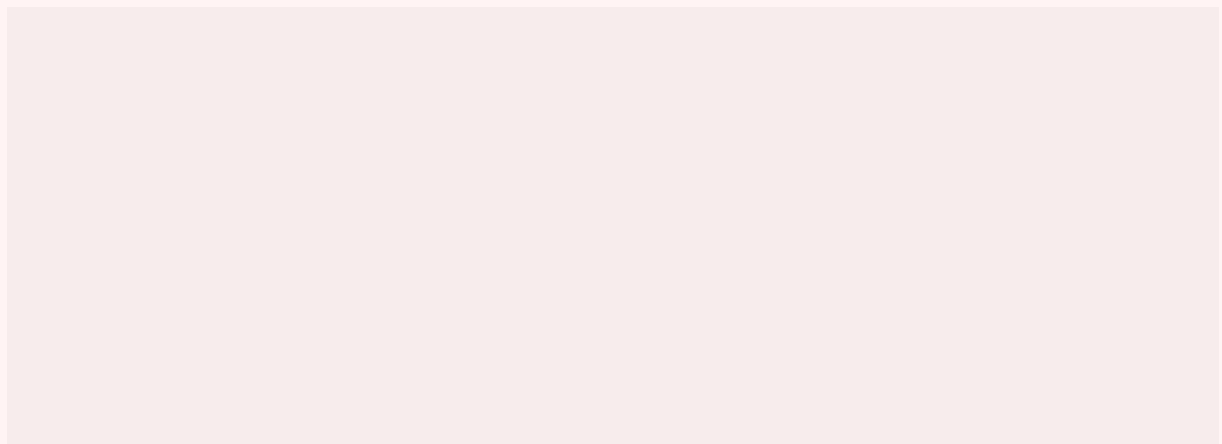
KEEP THEM WILD

---

WHAT MADE YOU HAPPY BEFORE HAVING YOUR BABY?  
WHAT DID YOU DO FOR SELF-CARE, IF AT ALL? ARE YOU  
ABLE TO FIT THIS INTO YOUR SCHEDULE AT MINIMUM  
ONCE A WEEK?



WHAT ARE SOME SMALL WAYS YOU CAN FILL YOUR  
CUP THROUGHOUT THE DAY? - THINK OF  
SOMETHING THAT WOULD TAKE 10 MINUTES OR LESS,  
COULD YOU DO THIS A FEW TIMES THROUGHOUT  
THE DAY? LIST A MINIMUM OF 5 THINGS YOU CAN  
DO IN 10 MINUTES OR LESS.



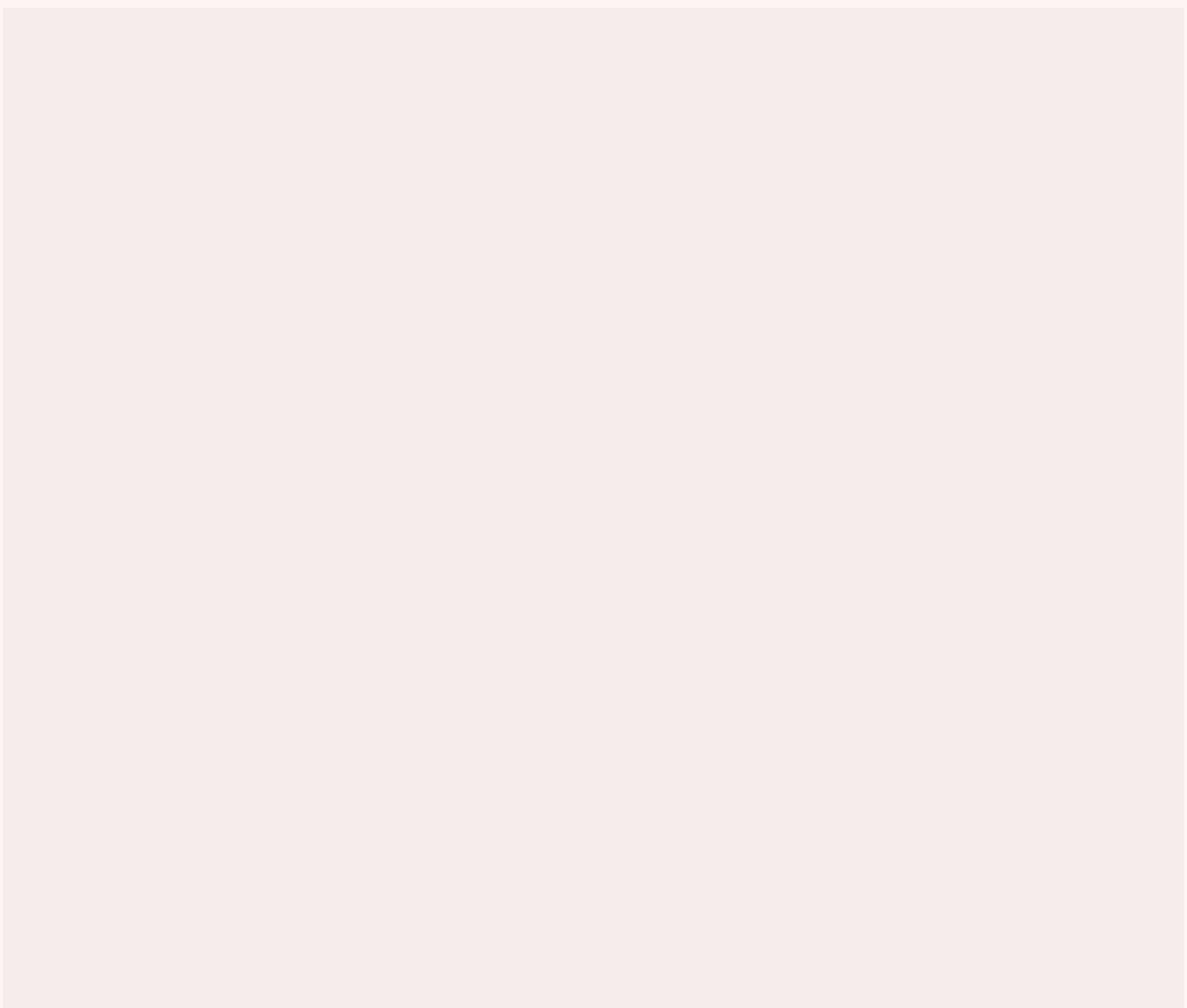
# SELF-CARE WORKBOOK

---

## KEEP THEM WILD

---

WHAT ARE SOME BIG WAYS YOU CAN FILL YOUR CUP ONCE A WEEK? ONCE A MONTH? - THINK OF SOMETHING THAT CAN BE JUST FOR YOU. IF YOU ARE EXCLUSIVELY BREASTFEEDING, CAN YOU SCHEDULE ONE HOUR OR TWO TO YOURSELF ONCE AND AWHILE? I KNOW IT CAN FEEL LIKE A LOT OR OVERWHELMING AND IF THIS MAKES YOU NERVOUS OR ANXIOUS TO DO THIS, START IN SHORTER INCREMENTS AND SLOWLY EXTEND THE TIME AWAY FROM THE BABY.



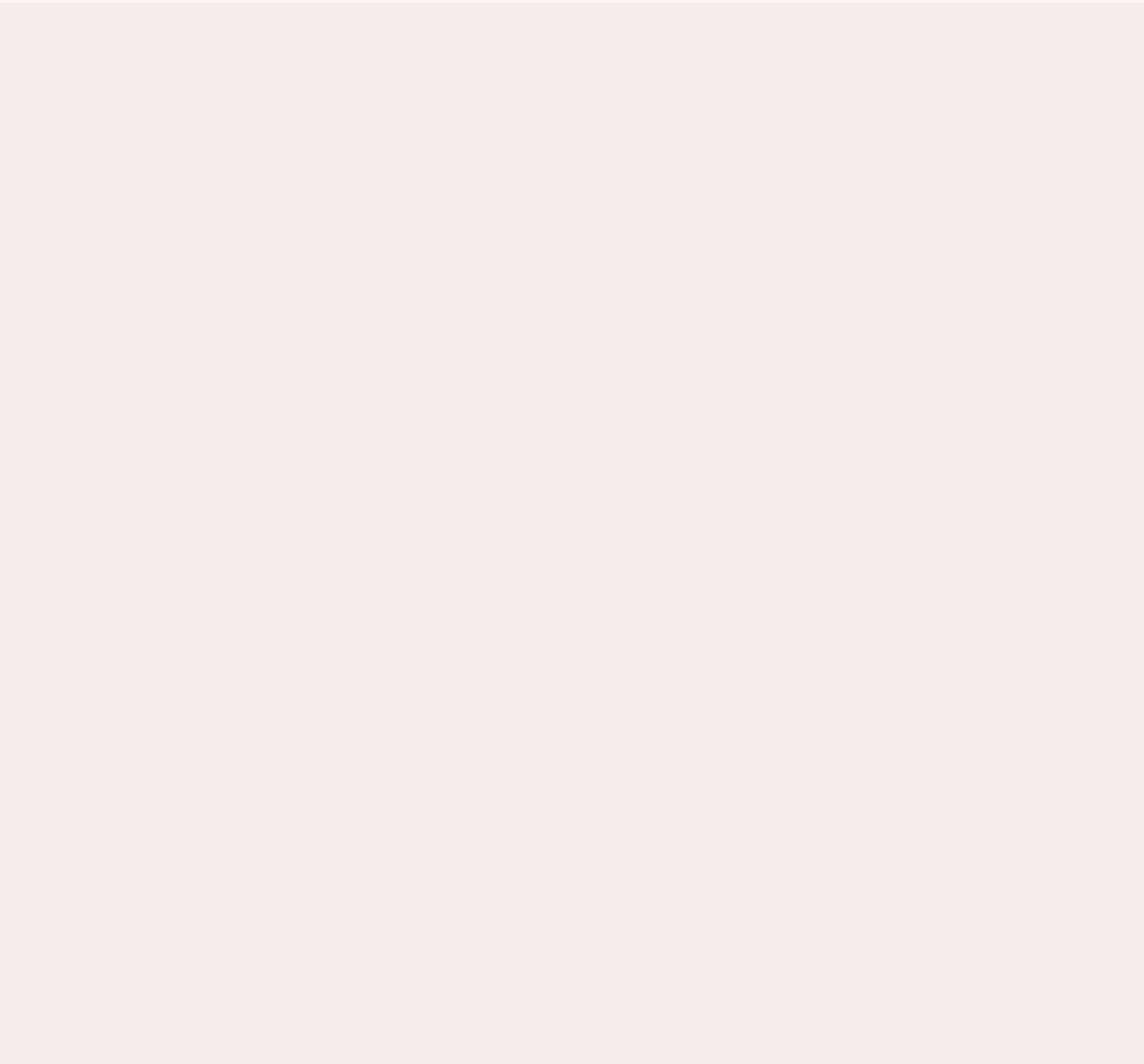
# SELF-CARE WORKBOOK

---

## KEEP THEM WILD

---

IF YOU'RE FEELING ANXIOUS ABOUT LEAVING YOUR BABY WITH ANYONE, LET'S UNPACK THAT

- WHAT MAKES YOU FEEL UNCOMFORTABLE ABOUT LEAVING YOUR BABY?
  - WHAT COMES UP FOR YOU WHEN YOU ARE AWAY FROM YOUR BABY?
  - WHO DO YOU LEAVE YOUR BABY WITH? WHAT/HOW IS YOUR RELATIONSHIP WITH THAT PERSON?
  - WHAT DO YOU THINK WILL HAPPEN WHEN YOU ARE AWAY FROM YOUR BABY, LEAVING THEM WITH THAT PERSON?
  - DO YOU ACTUALLY BELIEVE THESE THOUGHTS?
- 

# SELF-CARE WORKBOOK

---

KEEP THEM WILD

---

IF YOU HAD ONE HOUR TO YOURSELF EVERY FEW DAYS, OR ONCE A WEEK, WHAT WOULD THIS MEAN FOR YOU? HOW WILL THIS HELP YOU? HOW WILL THIS HELP THE PEOPLE IN YOUR FAMILY?

