

**BLUES & BEYOND**  
SUPPORTING PERINATAL  
MENTAL HEALTH

# How to Cope with Postpartum Mental Illness

*If you find yourself dealing with the baby blues, or suffering from more significant distress during the perinatal period, check out some of the tips below to help manage/relieve stress.*

## Build a secure bond with your child

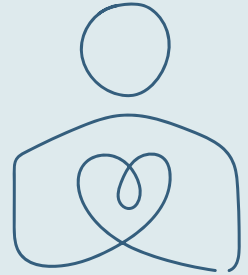
A strong, secure relationship and attachment with your child not only promotes oxytocin production (the love hormone) in the parents but also has many benefits for the child



*With secure bonds formed early on, your child will have better emotion regulation, self-soothing abilities and lowers the chance of developing behavioural/educational problems in the future*

## Practise self-care

Take care of yourself! Take time for a nap, a hot bath, some sunshine or a pampering. Make sure to schedule time to do what makes you happy.



## Slowly reintroduce exercise

Physical activity, in some cases, has helped to combat depressive symptoms, relieve stress, boost energy and leads to better sleep. Try to include some sort of exercise each day.



## Speak to a professional

If you feel as though your depressive symptoms are becoming unmanageable, or would like to engage in therapy to prevent a mental illness, reach out to a professional to inquire about psychotherapy or medications



*Your family physician can provide referrals to treatments such as CBT, IPT or medication, dependant on your symptoms and severity*

## Ask for help

Developing a support network, and reaching out to family/friends when help is needed can take a lot of stress off your shoulders. Despite what you think, you are not a superhero, and you don't have to do it all alone. Ask for help when you need it!



## Increase your Omega-3 intake

Increasing Omega-3 intake along with other fatty acids can help with symptoms, as low levels of DHA are found in many individuals experiencing depressive symptoms



## Join a support group

Getting out of the house and connecting with other individuals in similar situations as you, not only provides you with a safe space to discuss your feelings, but also gives great insight on how other individuals overcame their barriers

