

# My pregnancy & post-birth wellbeing plan



It's really important to think about your emotional health and wellbeing, and to look after your mental health during pregnancy and after birth.

## Using this plan

This plan can help you think about how you are feeling and who can support you. You may want to talk it through with someone you trust and show it to your midwife, doctor or health visitor.

Getting help early can often stop things getting worse.

Be kind to yourself - you do not have to do anything perfectly and some things might not feel possible right now.

## Antenatal classes or pregnancy classes

are a good way to learn about labour, birth and looking after a baby. They can help you meet other local parents who are having a baby around the same time.

Ask your midwife about free classes near you. Your work should give you time off to attend.



## I want to talk about/I am worried about:

.....  
.....  
.....

## Looking after myself

### I will try to...

- be active in some way – even a gentle walk
- have a shower and brush my teeth each day
- eat some nutritious food each day
- do some yoga, meditation or mindfulness using a class, app or video
- listen to music or podcasts I like
- talk to someone I trust – a parent, partner, sibling or friend
- make some time for myself to do something I enjoy
- keep a diary or journal (on paper or in my phone)
- spend time with people who care about me
- make a messaging/WhatsApp group of people who will be there when I need them.

## Who can support me?

Think about who could give you more support. Record useful contacts here.

Midwife:

.....

Someone I trust:

.....

GP (doctor):

.....

Health visitor:

.....

Feeding support:

.....

Counsellor/therapist:

.....

Consultant:

.....

Tommy's Midwives  
**0800 014 7800**  
(Mon – Fri, 9am – 5pm),  
or email us at  
[midwife@tommys.org](mailto:midwife@tommys.org)

Local baby groups:

Time .....

Place .....

.....

.....

Further support



[tommys.org/wellbeing](https://tommys.org/wellbeing)

# How are you feeling?



Changes to your hormones, sleep and routines can affect your mental health.

Things that have happened to you (for example loss or trauma) can change how you feel and react to what is happening now.

Sometimes there is no clear reason why things feel hard.

**Use this list to help you think and talk about your feelings and experiences with people who can support you. You can also use the emojis at the top of this page.**

### I feel...

- worried/anxious/stressed
- sad/low/tearful
- irritable/angry
- overwhelmed/as if I can't cope/desperate
- uninterested in usual things
- paranoid
- confused
- as if I can't control my thoughts (racing thoughts)
- as if I have loads of energy and don't need to sleep
- scared to ask for help
- as if things from the past are happening now (flashbacks)
- as if I need to keep to strict rituals.

### I am...

- finding it hard to connect with my baby
- finding it hard to concentrate
- having difficulty sleeping or sleeping a lot
- having nightmares
- not eating enough or binge eating
- using drugs or alcohol to help me cope
- having upsetting thoughts or images
- having suicidal thoughts or thoughts about harming myself.

**Help in a crisis**

If you are having suicidal thoughts or thoughts about harming yourself or others, call 999 or go to A&E.

If you need to talk to someone right now, call **Samaritans** on 116 123 or text **SHOUT** to 85258.

**Postpartum psychosis (PP)**

PP is a medical emergency. If you (or a new parent you know) has any of the following, get help straight away.

- Delusions - strong beliefs others don't share.
- Hallucinations - seeing and/or hearing things others don't.
- Racing thoughts and extreme energy.
- Feeling very confused.

You can speak to your GP or health visitor, call 999 or go to A&E.

# Preparing for birth and afterwards

### I will try to:

- ask for help with sleep, feeding, childcare and other household jobs
- learn about my options for birth and make a birth plan and/or an emotional safety plan
- make life easier after birth (e.g. by freezing lots of meals now)
- find out more about money and benefits
- find out about local activities and baby groups
- write down useful numbers now - or ask someone else to
- think about how I feel and act when I'm not coping, make a note of these below, and share this with someone I trust.

**How I feel and act when I am not coping:**

.....

.....

.....

.....

.....

.....

.....

Created with support from: