

Postpartum Mental Health Survival Checklist

Emotional Safety Essentials

- ☐ Daily emotional check-in ("How am I really feeling today?")
- ☐ List of emotions that feel hard to say out loud
- ☐ Permission slip to feel sad, angry, numb, or overwhelmed
- ☐ One grounding phrase saved on phone
- ☐ Reminder: Thoughts are not facts

Red-Flag Awareness (No Shame Zone)

- ☐ Persistent sadness or numbness
- ☐ Intense anxiety or panic
- ☐ Rage or irritability that feels uncontrollable
- ☐ Intrusive or scary thoughts
- ☐ Feeling disconnected from baby or self
- ☐ Thoughts of harm (self or baby) → seek help immediately

Support System Setup

- ☐ One safe person who truly listens
- ☐ Backup support person
- ☐ Mental health professional researched (therapy / telehealth)
- ☐ Crisis hotline saved on phone
- ☐ Mom community you don't have to explain yourself to

Daily Grounding & Regulation

- ☐ One deep breathing pause
- ☐ Five senses grounding exercise
- ☐ Short walk or fresh air moment
- ☐ Gentle music or calming sound
- ☐ Phone reminders that say kind things

Postpartum Mental Health Survival Checklist

Guilt Release & Boundary Care

- ☐ Reminder: Rest is productive
- ☐ Boundary phrase ready for visitors/advice
- ☐ "Good enough" parenting affirmation
- ☐ Unfollow content that increases comparison
- ☐ Permission to cancel plans without explanation

Emotional Processing Tools

- ☐ Feelings journal (no grammar, no fixing)
- ☐ Voice note release when words feel heavy
- ☐ "What I need today" prompt
- ☐ Postpartum letter to self
- ☐ One truth written daily: I am trying.

Professional & Ongoing Care

- ☐ Therapy or counseling sessions scheduled
- ☐ Postpartum mental health screening completed
- ☐ Medication discussion (if needed, without guilt)
- ☐ Follow-up plan written down
- ☐ Emergency plan shared with trusted person

Momkinz Tip

You are not broken.

You are not weak.

You are navigating one of the most vulnerable seasons a human can experience.

Start small, one breath, one honest moment, one ask for help. Your mental health matters. You matter.