

A Toolkit for Postpartum Anxiety & Panic Symptoms

1. Take 10 deep belly breaths (also known as diaphragmatic breathing).
2. Drink a big glass of water.
3. Eat a protein-based snack such as lean meats, nuts, cheese, or a hard boiled egg.
4. Ground yourself in the present: Look around you and note (out loud if possible) everything that you can access in all five senses. What do you see? What can you hear? What do you smell? What does it feel like to be sitting on your chair? What, exactly, do you taste as you eat your snack?
5. Find a “mantra” of sorts that you can tell yourself such as “I am going to be okay,” “I am doing the best that I can,” or “I am taking care of myself.”
6. Go outside. Stretch. Feel yourself move and notice the sensations in your body.
7. Once your initial symptoms decrease, find some help so that you can take a nap and get the rest that you need.
8. Call someone who you trust to talk, or come and be with you until you feel better.