



MATERNEASE

POSTPARTUM CALM & HEALING

Postpartum Anxiety & Depress Worksheet

A gentle guide to help you understand your emotions and begin your healing.

You're not alone, mama.

A Gentle Start

You're not broken, Mama what you're feeling right now is more common than you think.

The worry, the tears, the overwhelm they don't mean you're failing. They mean you're human, adjusting to something new.

This worksheet will help you understand your feelings and take gentle steps toward calm, confidence, and connection again.

What is Postpartum Anxiety & Depression?

After giving birth, a mother goes through major changes physically, emotionally, and mentally.

It's normal to feel scared, anxious, or even sad without knowing why.

These feelings don't mean you're weak; they mean your body and mind are adjusting.

Postpartum anxiety or depression is a temporary condition that needs understanding, support, and gentle care.

Why does it happen?

- ◆ Hormonal changes: After birth, hormones drop quickly and can affect mood.
- ◆ Stress and pressure: The new responsibilities and lifestyle shifts can feel overwhelming.
- ◆ Social expectations: Feeling like you must be the perfect mom adds invisible pressure.
- ◆ Sleep deprivation: Lack of rest makes emotional recovery harder.

Difference Between Baby Blues and Postpartum Anxiety/Depression?

Many new moms feel emotional after giving birth that's normal.

But not every tear or moment of sadness means depression.

The key differences are in how long it lasts, how strong it feels, and how much it affects daily life.

Whats happening inside you?

Understanding the causes of postpartum anxiety and depression

- Frequent or unexplained crying spells
- Deep feelings of guilt or I'm not a good mom
- Trouble relaxing or sleeping even when the baby is asleep
- Excessive fear about the baby's safety or imagining worst-case scenarios
- Constant anxiety or tension throughout the day
- Loss of appetite or emotional overeating
- Difficulty concentrating or making simple decisions
- Feeling disconnected from your baby or not bonding as expected

If these signs feel familiar, it doesnt mean youre weak.

It simply means you deserve support and healing is possible.

Where Are You Right Now? (Quick Check-In)

Take a quiet moment with yourself... this exercise helps you understand your emotional state without judgment or pressure.

1) From 0 to 10, how much inner peace do you feel today?

(0 = no peace / 10 = very calm)

Today's Number: _____

2) What was the strongest emotion you felt today (one or two words):

3) The biggest fear or worry that showed up today:

4) One small thing you'd like to improve or do differently today:

Reminder:

It doesn't matter how big your steps are what matters is that you're moving forward.

3 Simple Steps You Can Apply Right Now

Step 1: Breathe with Awareness for 5 Minutes

Inhale for 4 seconds → Hold for 4 seconds → Exhale for 6 seconds.

Repeat 5 times.

This helps calm your nervous system within minutes.

Step 2: Write Down One Good Thing I Did Today

It doesn't need to be big.

It could be:

- ★ I fed my baby
- ★ I rested for a few minutes
- ★ I cleaned a small corner
- ★ I protected my energy

This trains your brain to notice progress even tiny progress.

Step 3: Choose One Person to Ask for a Simple Help

Tell them exactly how they can support you:

- Can you hold the baby for 10 minutes?
- I need a quick shower; can you stay with the baby?
- I just need someone to listen for a moment.

Asking for help is strength, not weakness.

Weekly Simple Routine for Motherhood & Self Comfort

Weekly Schedule (Days 1 → 7)

Day	Suggested Activity	Your Notes
Day 1	5-minute journaling	_____
Day 2	Short solo break or quick walk	_____
Day 3	Night routine: reduce screen time	_____
Day 4	Deep breathing + warm shower/bath	_____
Day 5	Joy activity: watch a comforting movie	_____
Day 6	Laugh or call a friend you trust	_____
Day 7	Short walk or 10 minutes fresh air	_____



Weekly Reflection

What would you like to keep doing next week?

What would you like to adjust or reduce?

How did you feel this week?

**This routine is not a rule it's support. Take only what
feels good for you.**

When Should You Reach Out for Help?

Its important to know there are times when asking for help is not just okay its brave.

Consider reaching out if:

Youre experiencing harmful thoughts (about yourself or the baby)

Youre struggling to manage daily tasks or care for your baby

Your symptoms have lasted more than two weeks and are affecting your everyday life or your ability to care for your child

A Personal Note to Yourself

Write a message to yourself one year from now:

This space is just for you write, draw, express anything
you want.

Let it be a small memory corner where you can see how
far you've come on your journey.

Thank you for choosing this worksheet.

Remember: you are not alone, and with the right tools, you can build a peaceful, confident motherhood journey.

About MaternEase

A supportive brand created to help new mothers navigate postpartum anxiety and depression with calm, clarity, and proven tools.

- ✓ **Printable journals**
- ✓ **Worksheets**
- ✓ **Weekly guidance**
- ✓ **The full Calm Motherhood Journey program (coming soon)**

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