



Taking Care of ME

So I can take care of my BABY

Eating Healthy: Low fats, low refined sugars, high protein, whole grains, lots of fruits and veggies. Avoid caffeine and alcohol.

► Plan:

Sleep: minimum of five (5) hours of UNINTERRUPTED sleep, plus naps

► Plan:

Exercise: 30-45 minutes of cardio-vascular exercise 3-5 days/week helps relieve depression and anxiety—get that heart rate up by walking fast or walking up hills, getting on a cardio machine at a gym, jumping jacks, stair-climbing, jumping rope, kick-boxing, swimming, running, bike-riding...

Yoga has also been proven to significantly relieve mild depression and anxiety

► Plan:

Social Support: Contact and connection with loving friends and family...adult interaction...time to talk about you AND to listen to them

► Plan:

Spiritual Support: Continue to practice what you've done in the past—church, meditation, reading, writing, praying, yoga—or begin a spiritual practice you've been interested in learning more about

► Plan:

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