

# What to do when you feel **blue...**



<b>Connect With Your Loved Ones!</b>	<b>Eat Right!</b>	<b>Get Fit!</b>	<b>RELAX!</b>	<b>Schedule Fun!</b>
<ul style="list-style-type: none"> <li>✓ Connect with your partner or best friend.</li> <li>✓ HUG!!!</li> <li>✓ Call a friend.</li> <li>✓ Join an infant massage class.</li> <li>✓ Listen to music that you and your baby enjoy.</li> <li>✓ Cuddle up with baby and read a favorite book.</li> </ul> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li>✓ Enjoy lots of fruits &amp; vegetables</li> <li>✓ Cut down on the junk foods.</li> <li>✓ Avoid alcohol.</li> <li>✓ Make your life easier by preparing healthy meals ahead of time.</li> <li>✓ Get help with food shopping.</li> </ul> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li>✓ Take out the stroller or baby carrier, and get walking.</li> <li>✓ Stretch.</li> <li>✓ Make exercise dates with your friends.</li> <li>✓ Join a Baby Yoga Class.</li> </ul> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li>✓ Nap when your baby naps.</li> <li>✓ Breathe in, breathe out.</li> <li>✓ Meditate.</li> </ul> <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> <li>✓ Join a Play Group.</li> <li>✓ Find a babysitter, and do something that you enjoy (a date with yourself, your partner, or a friend; a bubble bath).</li> <li>✓ Contact your local library, hospital, and/or community center to find activities for parents and children available in your community.</li> </ul> <hr/> <hr/> <hr/> <hr/>