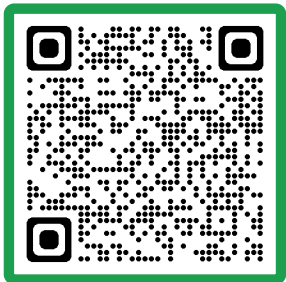


Find out more

You can find out more about Mental Health worries and information to support you at:

[Every Mind Matters Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

Looking After Yourself

Being a parent can bring a huge mix of emotions; joy, pride, love, worry, sadness perhaps or frustration.

It is normal to have some worries during pregnancy and beyond. Many parents find it hard to share how they are feeling if things get tough, but you are not alone. Many new parents struggle with their mental health either during pregnancy or in the first year after their child's birth.



Cumberland
Council

Looking After Yourself

Did you know?

Looking after your mind is just as important as looking after your body and looking after yourself will help you to look after your baby.

Why not try?

- Give yourself permission to take time out to do something you enjoy - just for you.
- Keep active. Physical activity can improve your mood and reduce stress levels. It does not have to be a workout - a gentle walk will help too.
- Getting enough sleep can be difficult with a baby so remember to take some time to rest when your baby does.
- Try some breathing or mindfulness activities. They can help you stay in the present and block out some worries in your mind.
- Be kind to yourself and talk to someone you trust, many people find talking to someone helps with their worries.



Did you know?

There are people who can help you without judgement. If you are worried, please speak to your Midwife, Health Visitor or Doctor and they will point you in the right direction for help.

Why not try?

Making your own Mind Plan to support you with stress, anxiety, boost your mood, improve your sleep and help you feel more in control. You can do this here: [Your mind plan \(www.nhs.uk\)](http://www.nhs.uk)

