

## Wellbeing and self-care

### Create a self-care routine that feels achievable, effective, practical - and right for you.

Having a baby is life-changing: there's joy and excitement, but pregnancy and parenting responsibilities can feel exhausting and relentless. We may neglect self-care when life gets busy. Yet stress, interrupted sleep and 24-hour demands become more manageable when we make our own wellbeing a top priority.

Self-care includes your mental, emotional, physical, social, spiritual and practical wellbeing needs.



### Rachel's advice

"Communicating your needs comes secondary to understanding what you need. Knowing what you need is powerful."



### Self-care isn't a luxury

Everybody uses self-care, every day. Self-care isn't expensive, like an occasional or one-off special event – it's a survival skill, and core activity of daily life.

Small things like having a glass of water, booking an appointment, or automating bill payments count as acts of self-care.

Know that you are worthy and deserving of care, in every aspect of your life. Trust that all actions you take to look after yourself, no matter how small, can have a positive impact.

Developing a daily self-care routine can help you to manage stressful moments and situations, and maintain your mental health and wellbeing.

"Self-care as a parent takes negotiation. You and your partner will need to take time off in turns, especially in that early stage when looking after your baby is a 24/7 job."  
- Chris



"A friend suggested I have a 'year of saying yes' when help was offered. It worked well! Accepting help creates connections at a time that can be isolating."  
– Alice

## Simple self-care ideas

Wellbeing includes all aspects of your daily routine. Here are some tips to get you started:

**Mental:** Focus by listening to a podcast, watch a film. Relax your mind with meditation or music. Talk to a friend, or counsellor.

**Emotional:** Includes time alone and connecting with others. Try writing down how you feel over a few hours, or days – a mood diary can help you identify stress and where extra support might help.

**Physical:** Activities can be active like attending healthcare appointments, or passive like resting. Spend time in nature, give yourself a gentle neck massage.

**Social:** Spend time with family and friends. Join your local playgroup, in-person or online parent support groups.

**Practical:** Plan daily household tasks and 'life admin'. Find community-based welfare and financial aid services if your budget is stretched.

**Spiritual:** Deeply personal, any activities that bring meaning, a sense of purpose, and align with your values.


Read more



## PANDA Helpline

The **PANDA Helpline** provides counselling, referral and peer support from parents who have been through similar challenges.

- When someone calls, you will speak with a counsellor or peer worker who understands the challenges of being a new or expecting parent.
- PANDA counsellors and peer workers listen with kindness and compassion, help you explore support options, and can also provide information about appropriate specialist services.
- **If you are concerned for someones safety**, it's vital that you seek immediate help by contacting either a local acute mental health service or your nearest hospital's emergency department.
- You can also contact PANDA for advice and support. If you believe that someone's life is at immediate risk, call 000.

 PANDA National Helpline 1300 726 306 | Monday - Saturday

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