

# new parenthood

## *grief*

**A natural reaction to loss**, which includes non-death losses such as divorce or job loss. Grief is not just emotional, it includes physical, cognitive, social and spiritual reactions. The pandemic has added to our collective grief, with a loss of safety and security.

anxiety

fatigue

guilt

insomnia

confusion

## loss of:

### freedom

A new baby requires new routines and schedules that restrict our time and movement.

### confidence

It is common to feel a lack of confidence when making decisions as a new parent.

### body shape

For the birthing parent, there is often a loss of our pre-baby body and physical abilities.

## *isolation*

A sense of *isolation* is common in new parenthood. Make an effort to maintain connections and accept offers of help and support.

## *what helps?*

- ♥ **GET OUTSIDE** - immersion in nature can reduce stress and ease distressing emotions such as anxiety and fear. Engaging our senses outdoors can decrease repetitive thoughts.
- ♥ **MOVE YOUR BODY** - mindful movement can help calm the nervous system. Try stretching/ yoga poses, rocking or swaying, dancing to your favorite song.
- ♥ **SELF-COMPASSION** - using a loving-kindness phrase or intention statement can honor moments of struggle and pause the cycle of negativity and guilt. ex. *May I be at peace.*
- ♥ **WRITE** - expressive journaling helps ease anxiety. Keep a gratitude journal, write your birth story, or a letter to your baby. Try this prompt: Right now I am feeling....(emotional & physical)

loss of our old identity