

Organising Supports

(Involve the woman)

Perceived support provides better outcomes than the amount received

Develop a few key supports to 'hold' the immediate situation.

(More is not necessarily better)

Strategies Looking after Herself

When a woman feels good about herself, she is better able to provide the care and nurture her infant needs

Emotional distress or illness requires active participation to assist recovery just like physical stress or illness

Deal with: 'Supermum', Stress & Symptoms

Social issues

- Social isolation: Community activities, a buddy, a therapeutic group
 - Use activities that educate about PND
 - Provide information about infant development
 - Promote interactions/play between baby & mum
 - provide experiences through play
- Relationship difficulties: relationship counselling

Looking after herself 'Supermum'

There can be pressure to be Supermum:
believing/ *expecting* it is possible to do it all

- Review expectations of motherhood/baby –
be more realistic
- Being 'good enough' is ok
- Become more flexible

Looking after herself

Stress

Exercise : evidence shows it can measure up to antidepressants eg pram walking group

Food: healthy diet and fluids

Sleep: restful and routine

Relaxation: Down time & formal techniques

Activity: Involvement in enjoyable activities inside or outside of home eg journalling, craft

Simple strategies Peace

- Key point: Having your own space is a fundamental aspect of healing
- Do one nice thing for yourself
- Do Yoga, relaxation, a walk somewhere beautiful
- Meditation can help
- Quiet time out in the sunshine
- Listen to favourite music

Looking after herself

Symptoms

Keep doing what's working

(alcohol and other unfriendly habits excepted!)

Manage low energy, motivation & anxiety

Think positive: 'fake it until you make it'; look to the future; remember the positives

Persist: don't give up on the bad days

Finally:.....Review

- Review how its going:
 - Have referrals been followed up
 - If not, why not?
 - Can you support/facilitate this in some way?
 - Is it helping?
 - What needs to happen next?
 - What is my ‘goodbye’ plan if not doing long term follow-up?

References

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