

# Coping with Postpartum Depression: Practical Strategies for New Mothers

Having a baby is life-changing, but it can also bring emotional challenges. Postpartum Depression (PPD) affects many new mothers, making this transition difficult. Support is available—you're not alone. Here are strategies to help manage PPD and bond with your child.



**Prioritise Rest and Self-Care:** Physical and emotional rest is essential to your well-being and your ability to care for your child. Try to rest when your baby sleeps and don't hesitate to accept help from family and friends. Taking time for yourself—whether it's a short walk, a hobby, or even a nap—can help improve your mood and overall resilience.

**Stay Active:** Engaging in gentle physical activities can help boost your mood and reduce stress. Start with short walks and gradually increase your activity level. If you're unsure when to resume exercise, consult your doctor for guidance.

**Manage Expectations:** Every mother's journey is different, and bonding with your baby takes time. Avoid putting pressure on yourself to feel an immediate connection. Focus on small moments of closeness, like cuddling, singing, or responding to your baby's cues.

**Avoid Alcohol and Recreational Drugs:** Substances like alcohol and drugs can worsen mood swings and reduce your ability to cope with stress. Limiting or avoiding these substances can help support emotional stability and overall well-being.

**Stay Connected:** Talking to loved ones about your feelings can be a powerful way to relieve stress. Reach out to your partner, family, or close friends for support. Connecting with other mothers who have experienced PPD can also provide reassurance and helpful insights.

**Seek Professional Help:** If feelings of sadness, guilt, or hopelessness persist, or if you experience severe symptoms such as insomnia, loss of appetite, or thoughts of self-harm, seek medical support. Counselling can be an effective way to navigate PPD and develop coping strategies.

## References:

[Women's Health - Postpartum Depression](#)

[Mayo Clinic - Postpartum Depression](#)

[HelpGuide - Postpartum Depression and the Baby Blues](#)

To book an appointment with one of our counsellors, call or scan the QR Code



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