

Really.

Not the answer you give at appointments.

Not *tired, but good*.

Not *we're getting there*.

Not the answer designed to reassure everybody else.

You.

What feels different?

What are you carrying that nobody seems to see?

Is there something you keep telling yourself you “should” be handling better?

What do you miss about the woman you were?

What are you beginning to appreciate about the woman you are now?

What might you need—not eventually, but now?

And if you don't know who you're becoming yet...

What if you didn't have to?

Maybe this is enough for today:

The woman you were got you here.

Thank her.

And then leave a little room on the page for someone you haven't met yet.

A MOMENT FOR YOU

Notes

What am I feeling?

A few words to help you name what is here today. More than one can be true.

JOYFUL

Happy, hopeful, grateful,
content, excited, proud,
connected, loved, peaceful,
fulfilled, inspired, playful,
radiant

SAD

Sad, heartbroken, lonely,
disappointed, grieving, numb,
overwhelmed, helpless, empty,
tearful, rejected, isolated,
despairing

ANXIOUS

Anxious, worried, fearful,
restless, on edge, panicky,
uneasy, overthinking, insecure,
unsafe, hypervigilant

ANGRY

Angry, irritated, frustrated,
resentful, jealous, bitter,
annoyed, triggered, defensive,
hostile, disgusted

TIRED

Exhausted, depleted,
drained, touched out, burned
out, physically tired, mentally
tired, emotionally tired,
apathetic, worn down

CONFUSED

Confused, uncertain, lost,
indecisive, disconnected,
questioning, overwhelmed,
foggy, unsure

VULNERABLE

Vulnerable, sensitive,
exposed, ashamed, guilty, self
critical, insecure, emotional,
open

STRONG

Capable, resilient,
determined, brave, empowered,
self aware, grounded,
motivated, courageous,
persistent

OTHER

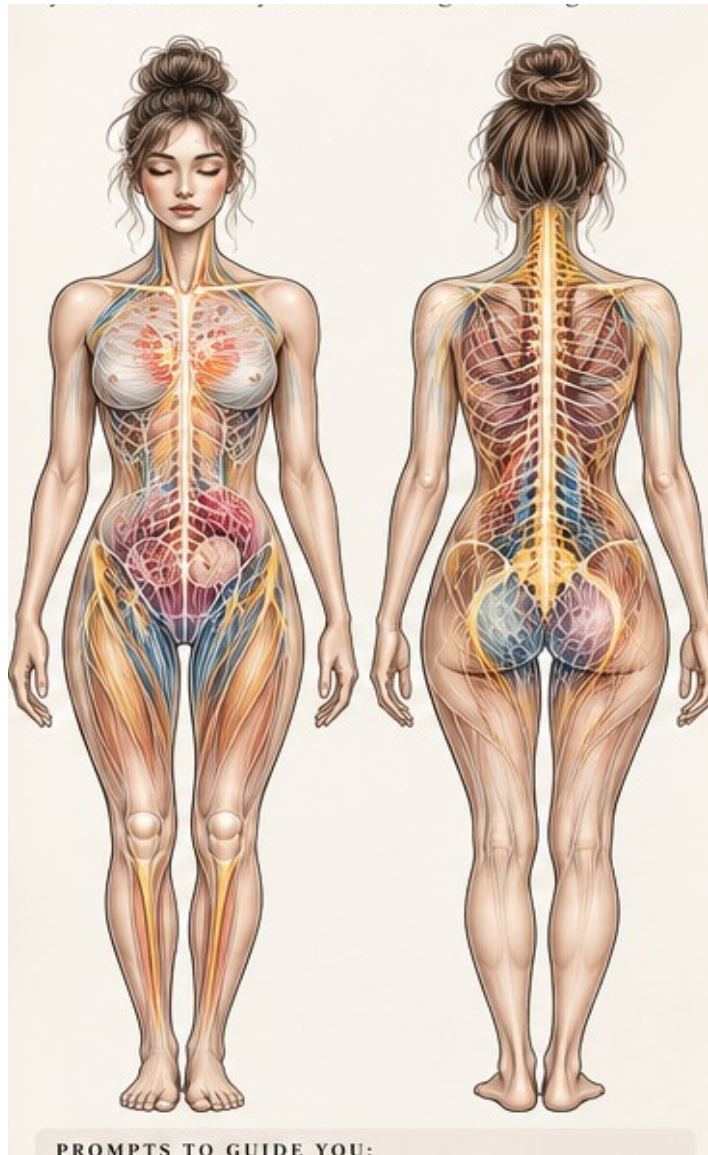
Relieved, calm, safe,
hopeful, protective, messy, in
transition, still healing, a mix of
everything

Your feelings are valid, even when they seem to contradict one another.

POSTPARTUM IS A MOTHER

Where do I feel it?

Where do these feelings sit in your body today?



What is my body telling me?

A guide to sensations you may notice. This is for awareness, not diagnosis.

HEAD AND FACE

Headache, pressure, migraine, dizziness, lightheadedness, blurred vision, tingling, ringing in the ears, jaw tension, clenched teeth

CHEST AND BREATHING

Chest tightness, racing heart, palpitations, shortness of breath, shallow breathing, trouble taking a deep breath, heaviness, pressure, fluttering

THROAT AND NECK

Lump in throat, tightness, difficulty swallowing, sore throat, neck tension, stiffness, burning, choking sensation, difficulty speaking

DIGESTIVE

Nausea, upset stomach, stomach pain, bloating, gas, constipation, diarrhea, appetite changes, butterflies

MUSCLES AND BONES

Muscle tension, aches and pains, back pain, shoulder tension, neck pain, pelvic tension, restless legs, heaviness, weakness, trembling, spasms

SKIN AND TEMPERATURE

Hot flashes, chills, sweating, feeling too hot or cold, flushing, itchy skin, tingling, numbness, goosebumps, changes in skin sensation

ENERGY AND NERVOUS

SYSTEM

Feeling wired but tired, difficulty relaxing, trouble sleeping, waking often, fatigue, restlessness, difficulty focusing, brain fog, feeling overwhelmed or detached

OTHER SENSATIONS

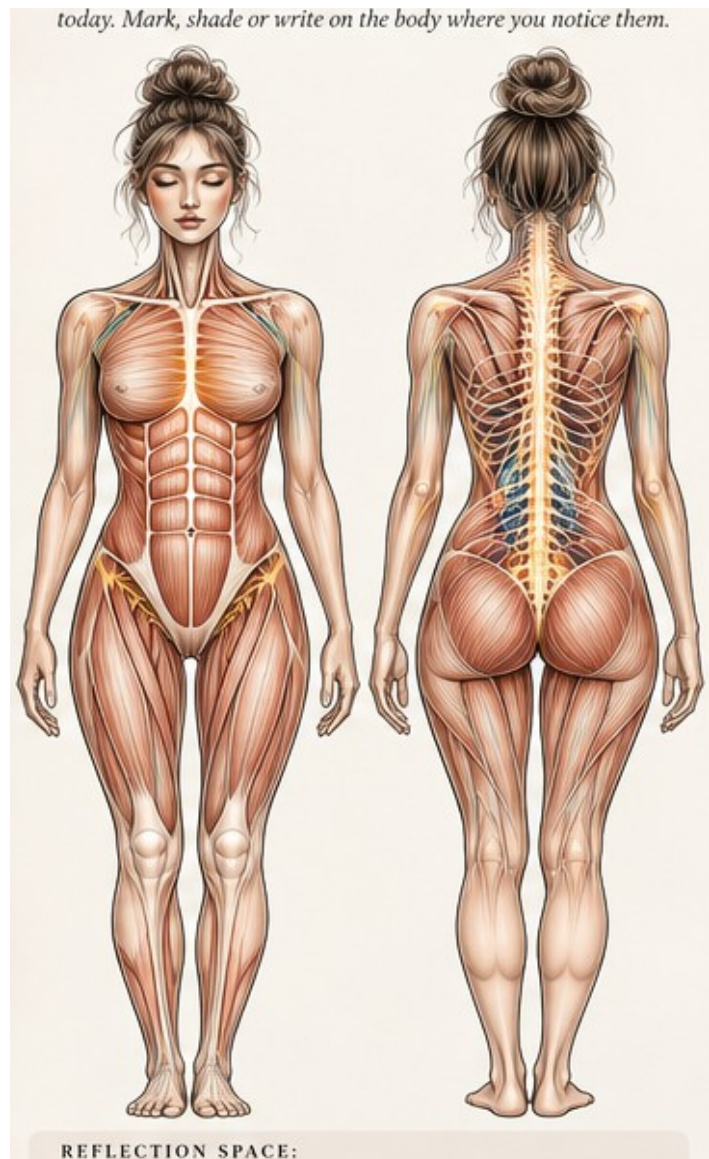
Breast tenderness, pelvic floor sensations, urinary changes, sensitivity to noise or light, a sense that something is not right, feeling off

New, severe, persistent, or concerning symptoms deserve medical assessment.

POSTPARTUM IS A MOTHER

Where is it showing up?

Notice where a sensation begins, moves, or changes.



Resources & Support

If you need support, you deserve a real person and a clear place to begin. These services can help you find immediate care, perinatal support, or a local professional.

IF YOU OR YOUR BABY MAY BE IN IMMEDIATE DANGER

Call local emergency services or go to the nearest emergency department. Canada and United States: 911. United Kingdom: 999. European Union: 112.

CANADA

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8, any time, if you are thinking about suicide or worried about someone.

988.ca

PSI Canada

Information and pathways to perinatal mental health support in Canada.

postpartum.net/canada

Pacific Post Partum Support Society

Support for new parents and families. Call or text 604-255-7999; toll-free 855-255-7999. This is not an emergency service.

postpartum.org