

# your Postpartum Plan

## 5-Minute Mood Boosters

When you're feeling overwhelmed, it can be helpful to spend 5 minutes focusing on you

1

### Taste something you enjoy

Grab a piece of your favorite fruit, a chocolate square, or something savory and spend 5 minutes enjoying its taste and texture.



2

### Smell something good

Light a candle, smell a fresh flower, or roll on your favorite essential oil and take a few minutes noticing the scents within the smells you enjoy.



3

### Feel the air

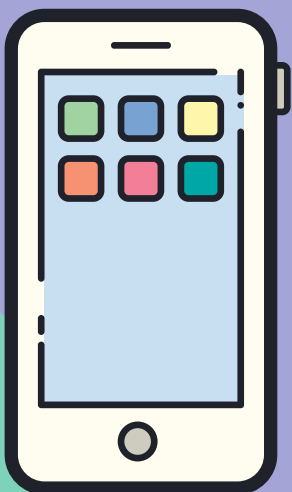
Connect with nature by opening a window, stepping onto your balcony, or taking a quick stroll outside.



4

### Call a friend

Nothing beats connecting with a friend. Call, text, or send a message to someone you care about.



5

### Laugh a little

Scroll through your favorite memes, put on a comedy special, or choose the comedy station on your favorite music app.

