



7 Tips to Improve Perinatal Wellbeing

If you're experiencing perinatal depression or are feeling overwhelmed, try these tips from our Psychologist, Athalie Phau, to improve your wellbeing.



1

Connect with others. Get involved in support groups and activities with other parents, so you don't feel alone at this stressful time.



2

Take time out to rest and rejuvenate. Set aside some regular time to do something you enjoy, like having a warm cup of tea or a bath.



3

Practice mindfulness meditation. This will help you stay engaged and keep feelings of stress and anxiety under control.



4

Accept help if you need it. Be open to help from loved ones to care for your baby and yourself.



5

Maintain a healthy diet. Eating well can improve your energy, mood and protect your immune system, so you're better able to cope.



6

Exercise appropriately. Even low impact exercises like walking and swimming can benefit your body and mind.



7

Talk to a professional if you feel you aren't coping. Talking to someone with expertise in perinatal depression can help you overcome any barriers affecting your health and wellbeing.

To book an appointment with a psychologist who specialises in perinatal depression, ask your GP about a referral or contact us today: