

PERINATAL POSITIVITY

Looking after your MENTAL WELLBEING...
...through pregnancy and beyond

**Be honest with yourself
and others** keep talking

Be kinD to YouRself.

get help! ★ **TAKE** help! ★ **IMPORTANT**

BE PREPARED (Educate yourself and others)

BUILD YOUR VILLAGE

It takes a village to raise a child

balanced routine

Even though you feel alone

REMEMBER You are not the only one

find a buddy who gets it !

IT'S OK TO NOT BE OK!

ME TIME

Never give up on yourself

Find an Advocate to FIGHT your corner