



# Weekly Postpartum Journal



Congratulations, you're a mother! This is no easy task and for 1 in 8 moms, the difficulties continue after birth.

This journal is provided to help you assess and manage your feelings during this complicated season. These weekly prompts help you to reflect on how you're feeling and what positive steps you may take to feel better each week.

This journal also acts as a great resource to share with your doctor or mental healthcare provider in postnatal appointments.

If you are in need of a professional to speak to following birth, Portage Path is available at various locations in the community. See the information at the end of this journal to make an appointment.



# This week, I feel...

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---

Week 6

---

---

---

# I was able to laugh this week when...

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---

Week 6

---

---

---

# I felt worried this week about...

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---

Week 6

---

---

---

# This week, I have felt overwhelmed by...

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---

Week 6

---

---

---

# This week, I am looking forward to...

Week 1

---

---

---

Week 2

---

---

---

Week 3

---

---

---

Week 4

---

---

---

Week 5

---

---

---

Week 6

---

---

---

# This week, I am making an effort to....

## Week 1

- Ask for help
- Get outside daily
- Talk to a friend
- Drink more water
- Give more attention to my personal hygiene
- Other: \_\_\_\_\_

## Week 2

- Ask for help
- Get outside daily
- Talk to a friend
- Drink more water
- Give more attention to my personal hygiene
- Other: \_\_\_\_\_

## Week 3

- Ask for help
- Get outside daily
- Talk to a friend
- Drink more water
- Give more attention to my personal hygiene
- Other: \_\_\_\_\_

## Week 4

- Ask for help
- Get outside daily
- Talk to a friend
- Drink more water
- Give more attention to my personal hygiene
- Other: \_\_\_\_\_

## Self-Care SNOWBALL

**S is for SLEEP.** Make sure you're getting enough rest. When you're tired you aren't thinking clearly and your mood may suffer.

**N is for Nutrition.** Eating food that's good for you will help you recover and is especially important if you're breastfeeding.

**O is for Omega 3 Fatty Acids.** Fish oils have been proven to reduce anxiety and depression in new moms.

**W is for Walking.** Exercise will improve your mood and help your body recover from giving birth.

**B is for Baby Breaks.** Take some time away from your baby. It can help you feel more like yourself again!

**A is for Adult Time.** Spending time with other adults—your partner or your friends will help you maintain important relationships.

**L is for Liquids.** Try to drink at least two quarters of water daily.

**L is for Laughter.** Remember to laugh and give yourself a break. Life with a new baby requires a sense of humor.

SOURCE: Intermountain Healthcare

# Postnatal Depression Screening

This is provided to you as a resource and should be shared with your healthcare or mental health provider for scoring and discussion.

1. I have been able to laugh and see the funny side of things:

As much as I always could \_\_\_\_ (0)  
Not quite so much now \_\_\_\_ (1)  
Definitely not so much now \_\_\_\_ (2)  
Not at all \_\_\_\_ (3) 2. I

have looked forward with enjoyment to things:

As much as I ever did \_\_\_\_ (0)  
Rather less than I used to \_\_\_\_ (1)  
Definitely less than I used to \_\_\_\_ (2)  
Hardly at all \_\_\_\_ (3)

3. I have blamed myself unnecessarily when things went wrong:

Yes, most of the time \_\_\_\_ (3)  
Yes, some of the time \_\_\_\_ (2)  
Not very often \_\_\_\_ (1)  
No, never \_\_\_\_ (0)

4. I have been anxious or worried for no good reason:

No, not at all \_\_\_\_ (0)  
Hardly ever \_\_\_\_ (1)  
Yes, sometimes \_\_\_\_ (2)  
Yes, very often \_\_\_\_ (3)

5. I have felt scared or panicky for no good reason:

Yes, quite a lot \_\_\_\_ (3)  
Yes, sometimes \_\_\_\_ (2)  
No, not much \_\_\_\_ (1)  
No, not at all \_\_\_\_ (0)

6. Things have been getting to me:

Yes, most of the time I haven't been able to cope at all \_\_\_\_ (3)  
Yes, sometimes I haven't been coping as well as usual \_\_\_\_ (2)  
No, most of the time I have coped quite well \_\_\_\_ (1)  
No, I have been coping as well as ever \_\_\_\_ (0)

7. I have been so unhappy that I have had difficulty sleeping:

Yes, most of the time \_\_\_\_ (3)  
Yes, sometimes \_\_\_\_ (2)  
No, not very often \_\_\_\_ (1)  
No, not at all \_\_\_\_ (0)

8. I have felt sad or miserable:

Yes, most of the time \_\_\_\_ (3)  
Yes, quite often \_\_\_\_ (2)  
Not very often \_\_\_\_ (1)  
No, not at all \_\_\_\_ (0)

9. I have been so unhappy that I have been crying:

Yes, most of the time \_\_\_\_ (3)  
Yes, quite often \_\_\_\_ (2)  
Only occasionally \_\_\_\_ (1)  
No, never \_\_\_\_ (0)

10. The thought of harming myself has occurred to me:\*

Yes, quite often \_\_\_\_ (3)  
Sometimes \_\_\_\_ (2)  
Hardly ever \_\_\_\_ (1)  
Never \_\_\_\_ (0)

# Need help? Come see us:

## Our Outpatient locations:

**Akron Outpatient Clinic**  
340 S. Broadway Street  
Akron, OH 44308  
330-253-3100

**North Summit Outpatient Clinic**  
792 Graham Road  
Cuyahoga Falls, OH 44221  
330-928-2324

**Barberton Outpatient Clinic**  
105 Fifth Street SE, Suite 6  
Barberton, OH 44203  
330-745-0081

**Psychiatric Emergency Services (PES)**  
10 Penfield Avenue  
Akron, OH 44310  
330-762-6110



For 24/7, confidential support from a local Portage Path professional, dial 9-8-8

## Our Community Co-locations:

<b>Common Threads Closet</b> 211 3rd St NW unit A, Barberton, OH 44203 (330) 634-6749	<b>Van Buren Homes: AMHA</b> 410 Pasadena Pl, Barberton, OH 44203 (330) 753-0379	<b>South Street Ministries</b> 798 Grant St, Akron, OH 44311 (330) 761-1992
Thursdays 3:30-8 PM	Thursdays 9 AM - 12 PM (by appointment)	Tuesdays 4-8 PM Thursdays 1-3 PM
<b>The Emergency Assistance Center</b> 9199 Olde 8 Rd suite C, Northfield, OH 44067 (330) 467-7945	<b>Reach Opportunity Center</b> at Summit Lake 390 W Crosier St, Akron, OH 44311 (330) 252-9271	<b>ShelterCare: North Hill</b> 32 South Ave. Tallmadge, OH 44278 (330) 630-5600
1st & 3rd Wednesday 12-3 PM	2nd & 4th Wednesday 12-3 PM (by appointment)	Fridays 1-4 PM (by appointment)