

What to do when you feel **blue...**



Connect With Your Loved Ones!	Eat Right!	Get Fit!	RELAX!	Schedule Fun!
<ul style="list-style-type: none"> ✓ Connect with your partner or best friend. ✓ HUG!!! ✓ Call a friend. ✓ Join an infant massage class. ✓ Listen to music that you and your baby enjoy. ✓ Cuddle up with baby and read a favorite book. <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> ✓ Enjoy lots of fruits & vegetables ✓ Cut down on the junk foods. ✓ Avoid alcohol. ✓ Make your life easier by preparing healthy meals ahead of time. ✓ Get help with food shopping. <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> ✓ Take out the stroller or baby carrier, and get walking. ✓ Stretch. ✓ Make exercise dates with your friends. ✓ Join a Baby Yoga Class. <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> ✓ Nap when your baby naps. ✓ Breathe in, breathe out. ✓ Meditate. <hr/> <hr/> <hr/> <hr/>	<ul style="list-style-type: none"> ✓ Join a Play Group. ✓ Find a babysitter, and do something that you enjoy (a date with yourself, your partner, or a friend; a bubble bath). ✓ Contact your local library, hospital, and/or community center to find activities for parents and children available in your community. <hr/> <hr/> <hr/> <hr/>