

Online Treatment
for perinatal depression and anxiety

When You Need A Little Extra Help
online resources and mobile apps

For All New Parents
online resources and mobile apps

Tips for Coping with Anxiety during Pregnancy and Following Birth



Focus on what you can control

It's natural in times of crisis to experience some anxiety and for your mind to wander to what can't be controlled. Unfortunately we can't control the actions of others or the future but we can control our own responses.



Stay connected and engaged

Find ways to stay socially connected to people and activities during physical isolation. It is so important to maintain well being. The way you modify connecting with family and friends may vary.

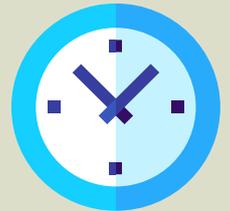
Keep active

Consider going for a walk with your baby or your partner, or participate in a free movement class on YouTube. Keeping motivated to be physical active is easier if you include someone else.



Take a moment

Take a moment to notice how you are feeling. Notice your breath and mindfully take a moment to slow your breathing. This will help calm your body and your mind.



Focus on what matters

Stay in touch with your values, the things that matter most to you. Your personal values may include family, love, caring, honesty and more.



Seek assistance if you are struggling

If you're expecting or have a new baby and are struggling to cope, feeling flat, sad or depressed, our Online Treatment Programs may help.

Everyone experiences perinatal anxiety and depression differently. The best way for you to start feeling better will depend on your own experiences, the symptoms you are feeling and how strongly you feel them. The one thing that is common for all parents experiencing perinatal anxiety and depression is that the sooner you seek support, the sooner you can start to feel better.

For more information and support, head on over to MumSpace where we are with you, every step of the way.