

Postpartum Depression Workbook

Print and use this workbook to
help you cope with the
postpartum blues/depression

My Triggers

What things tend to happen before you feel depressed? These can be triggers that occur immediately before the feelings or other conditions that could be contributing to your feelings (for example: not getting enough sleep).

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Changing My Thoughts

Write your current negative, unhelpful thoughts in the box.
Then, write more helpful thoughts to replace them with in the arrows.

The form consists of four identical rows. Each row is designed for a user to write a negative thought in the teal box and a helpful thought in the arrow.

Coping Skills List

What things help you to feel better when you are feeling sad, depressed, anxious, or angry?
Come up with a variety of ideas, including skills you can use when the baby is napping versus awake.

• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____
• _____	• _____	• _____	• _____

Activity Planner

Plan activities to keep you feeling good! What do YOU NEED today?

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Mid-morning							
Early Afternoon							
Late Afternoon							
Evening							
Night							

Activity Planner

Here is my personal planner example.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Make a smoothie	Eat a good breakfast	Make green tea	Eat a good breakfast	Make cold brew coffee and enjoy!	Diffuse essential oils	Sleep in a little
Mid-morning	Go to Zumba	---	Watch show during naptime	Diffuse essential oils	Watch show during naptime	---	Diffuse essential oils
Early Afternoon	Plan out meals	Make a smoothie	Eat a decent lunch	Take the baby for a walk	Take the baby outside	Nap during baby's nap	Blog during baby's nap
Late Afternoon	Go shopping	—	Shower/Get ready	—	Make a smoothie	Go do something (Target)	Shower/ Get ready
Evening	Watch TV w/ hubby/snuggle	Go to dance class	Meet up with a friend	Bake cookies Watch TV w/ hubby	Go to Zumba	Call Mom	Date night
Night	Go to bed early	Blog on Blog	Work on Blog	Work on Blog	Have a cup of tea	Watch TV/snuggle	Date night