



TIP SHEET~ Activities for Reconnecting with Self after Postpartum Disconnectedness

1. Journaling Journey:

Start a journaling practice where you can reflect on your thoughts, emotions, and experiences during motherhood. This can help you to process your feelings and rediscover their sense of self.

2. Mindful Moments:

Take a few moments each day to practice mindfulness. Whether through deep breathing, meditation, or simply focusing on their senses, this practice can help new mothers stay present and connected with themselves.

3. Creative Expression:

Engaging in creative activities such as painting, writing, or crafting can provide an outlet for self-expression. Create something that reflects your feelings and experiences as a new mother.

4. Nature Walks:

Spending time in nature can be rejuvenating. Take leisurely walks, connecting with the natural world and giving yourself space to think and reflect.

5. Supportive Circles:

Organise or join support groups for new mothers. Sharing experiences and challenges with others going through similar situations can provide a sense of belonging and validation.

6. Self-Care Rituals:

Establish regular self-care routines, whether it's taking relaxing baths, practicing skincare, or setting aside time for hobbies you enjoyed before motherhood.

7. Physical Activity:

Engaging in gentle exercises like yoga, stretching, or walking can help release endorphins and promote a positive connection with your body.

8. Reading and Learning:

Reading books related to self-discovery, personal growth, and motherhood. Engaging with uplifting and informative material can aid in reconnecting with oneself.

9. Affirmations for New Mothers:

- I Embrace My Changing Identity: I acknowledge that motherhood is a journey of growth, and I am open to embracing my evolving identity.
- I Deserve Self-Care: Taking care of myself is essential, and I deserve to prioritise my well-being without guilt.
- I Am More Than a Mother: While being a mother is a significant role, I am also an individual with passions, dreams, and a unique identity.
- I Embrace Imperfections: I understand that I don't have to be perfect, my imperfections make me human and relatable.
- I am Resilient: I am capable of navigating challenges and emerging stronger. Each hurdle I overcome adds to my strength and wisdom.
- I Give Myself Grace: I show compassion to myself on this journey. It's okay to have bad days and moments of doubt.
- I Connect with Others: I reach out to others for support and companionship. Connecting with loved ones enhances my sense of belonging.
- I Trust My Intuition: I trust myself to make the best decisions for my family and myself. My intuition guides me in the right direction.
- I Prioritise Joy: I make space for activities that bring me joy, fostering a positive connection with myself and my surroundings.
- I Embrace Change: I am adaptable and open to change. Each phase of motherhood is an opportunity for growth and learning.

Remember that these activities and affirmations can serve as starting points, but every individual's journey is unique. Personalise these suggestions based on your preferences and needs.