

Postpartum Anxiety: A Mother's Guide

7 simple tips for moms who are struggling

As a new or experienced mother, you are navigating a storm of changes, and feeling overwhelmed is perfectly natural. This guide offers seven simple tips to help you manage your anxiety, along with resources to help you explore the underlying causes. I'll also share my personal experiences throughout the journey. Let's get started!



1. Get lab work

If you're a new mom or have been navigating motherhood for a few years, it's essential to have a hormonal panel done to check your hormone levels. This process is quick and incredibly worthwhile. Often, healthcare practitioners may suggest medications for anxiety or depression, assuring you that feeling this way is "normal" after becoming a new mom. However, it's not typical to feel this way, and it could indicate imbalances or deficiencies. Identifying the root cause before resorting to over-the-counter medications is crucial, as these drugs can have side effects that may further disrupt your hormones.

Three years after the birth of my daughter, I finally tested my hormones and discovered I had low progesterone and vitamin deficiencies, which can lead to various symptoms for women, including anxiety, depression, brain fog, fatigue, PMS, and infertility. In hindsight, had I undergone a more comprehensive evaluation to determine the source of my daily anxiety, I might have faced fewer struggles.

If you're seeking a convenient at-home solution, consider ordering lab kits that can be delivered right to your doorstep. One of the most popular options for at-home wellness testing is the kit offered by Everly Well. [Click my special link to get 15 percent off of your order!](#)



2. Find a Naturopathic Doctor

By making straightforward dietary adjustments and utilizing supplements recommended by my naturopath, I reduced my anxiety symptoms. My doctor focuses on addressing the root cause rather than just applying a "band-aid" solution. Here's a link to find licensed [naturopathic](#) doctors in your state.



3. Seek out professional help

Even attending therapy just once a month can be quite helpful. I began my journey with weekly 30-minute sessions, which felt very manageable, and I observed a significant improvement in my overall perspective and mental well-being. Your health benefit provider may cover these sessions, and if not, there are numerous alternative options to explore.

Here's a [link](#) for help finding a licensed therapist in your area.

If you need more flexibility and would like to try online therapy as an option, I highly recommend Online-Therapy.com. They specialize in CBT (Cognitive Behavioral Therapy), which is one of the most common therapies used for anxiety. They offer live sessions via video, voice, unlimited messaging, and text and they offer financial aid options during checkout if needed.

Signing up through my [special offer link](#) will get you 20% off your first month of therapy.



4. Get outside daily

My massage therapist recommended going outside for 1-3 minutes a day and just looking up at the sky and taking in nature. This has been a huge stress reduction technique for me as it is realistic and doesn't take too much time out of your busy day and can even be done on the coldest days of the year. Highly recommend if you struggle with the winter blues and anxiety!



5. Try out meditation

At first, I must admit that the idea of meditating didn't appeal to me, as I'm an energetic person who finds it challenging to sit still. I prefer more fast-paced activities and workouts. However, dedicating just 5 to 10 minutes to meditation a few times a week has proven to be incredibly beneficial. My favorite app for this is "[Unplug](#)," which you can easily download on your phone. What I appreciate about it is that you can select short meditations tailored to specific challenges you may be facing. For instance, if postpartum anxiety is affecting your sleep, there's a "sleep meditation" option designed to help. Additionally, there's a "panic button" feature for those moments when you feel a panic attack approaching. I highly recommend giving this a try!



6. Use Essential Oils

While there are so many essential oil companies out there, it's a must to make sure that they are pure, therapeutic grade, and GC/MS tested. The best quality oils don't have any additives. I always apply just one drop mixed with a teaspoon of carrier oil to my skin first (start with the soles of your feet) and see if there's any reaction. And then you can increase based on your own sensitivities. Always read the label and consult with a practitioner if you have a negative reaction or are unsure of allergies you may have.

My all-time favorite is Simply Earth's lavender. Lavender is known to help decrease stress and anxiety since it can exert calming effects through GABA receptors in the brain. This brand oil is sourced from some of the best farms around the globe and smells A-MAZING. I use a few drops of organic jojoba oil mixed with 2 drops lavender before bedtime for relaxation. You can always use coconut oil if you prefer that.

[ORDER HERE](#). This special code will give first time subscribers a free \$45 gift card via email with the first box!



7. Use a Light Therapy Lamp

Highly recommend investing in a happy lamp. This affordable, all-natural solution is a simple way to elevate your mood. If you're anything like me, the winter blues can hit hard, especially as a mom in the northern regions. January and February are particularly challenging for me due to the cold and dreary weather.

Here are some tips for using the lamp:

- Aim for 20 minutes to 1 hour of use during the day.
- Start with 5-10 minutes daily and gradually increase based on how you feel.

Be cautious, as overusing it for extended periods may lead to increased feelings of anxiety. Always adhere to the instructions and recommendations, as they can differ for each individual.



A GENTLE NOTE: THE INFORMATION I SHARE HERE COMES FROM MY OWN EXPERIENCES, TRAINING, AND THE TOOLS THAT HAVE SUPPORTED ME PERSONALLY. IT'S NOT A SUBSTITUTE FOR INDIVIDUALIZED CARE, SO PLEASE REACH OUT TO A LICENSED PRACTITIONER FOR ANY HEALTH-RELATED QUESTIONS OR CONCERNS.

YOU'LL ALSO NOTICE A FEW AFFILIATE LINKS THROUGHOUT THIS GUIDE. IF YOU CHOOSE TO USE THEM, I MAY EARN A SMALL COMMISSION. IT ALLOWS ME TO KEEP CREATING FREE RESOURCES FOR MOMS WHO ARE STRUGGLING, AND I'M TRULY GRATEFUL FOR YOUR SUPPORT.

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