

Simple Tips When Struggling with PPA

1. GET LAB WORK DONE



If you're a new mom or even a few years into motherhood, make sure you get a hormonal panel done to make sure your hormone levels aren't low. This is not time consuming and is well worth it. Most practitioners will just send you to the pharmacy to pick up medications for anxiety or depression and will tell you that "this is normal" to feel this way after becoming a new mom, when it's not normal to feel that way and could mean you have imbalances or deficiencies. Finding the root cause before jumping to OTC meds is so important since medications have their own side effects and can throw your hormones off even more than they already are. Three years after the birth of my daughter, I finally got my hormones tested, and I ended up having low progesterone and vitamin deficiencies, which can cause a plethora of symptoms for women, such as anxiety, depression, brain fog, fatigue, PMS symptoms, and

infertility. Looking back, if I would have had a more thorough workup to look at what was causing my daily anxiety, I might not have struggled as much.

If you are looking for an at home option, there are lab kits you can have delivered to your home. One of the most commonly used at home lab wellness kits is from Everlywell. [Click my special link to get 15 percent off of your order!](#)

2. FIND A NATUROPATHIC PRACTITIONER



Through simple dietary changes and use of supplements provided to me by my naturopath, I have decreased my anxiety symptoms significantly! My physician specializes in treating the root cause, not a "band-aid" approach. Here's a link to find [naturopathic](#) doctors in your state.

3. SEEK OUT PROFESSIONAL HELP



Even just seeing a therapist once a month can be beneficial. I started out going once a week for 30-minute sessions, which is very doable, and I noticed a major difference in my overall outlook and mental health. I have been able to manage my stress and anxiety with once-a-month therapy sessions now. Your health benefit provider will likely provide coverage for this and if not, there are many other options available.

Here's a [link](#) for help finding a 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.

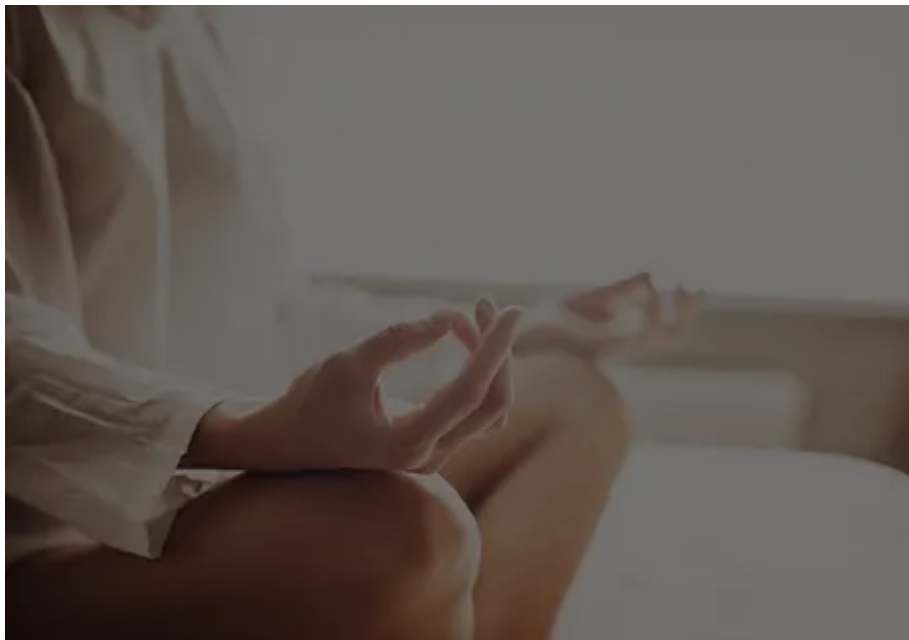
Signing up through my [special offer link](#) will get you 20% off your first month.

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. Highly recommend if you struggle with the winter blues and anxiety!

5. PRACTICE MEDITATION



At first, I'll be honest and tell you that I wasn't into the thought of meditating since I'm an energetic person who struggles to sit still. I enjoy faster paced activities or workouts. But starting just 5-10 minutes of meditation a few times a week has been so beneficial for me. My favorite app is the "[unplug](#)" app that you can download on your phone. What I like about it is you can pick short meditations catered to the category you're struggling with. For example, postpartum anxiety can cause sleep problems so there's a link for "sleep meditation" that could help with this. There's also a "panic button" for those times where you might feel a panic attack coming on. Highly recommend exploring this!

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 HAPPY LAMP



Highly recommend purchasing a [happy lamp](#). This is an affordable, all natural, and easy way to pump up your mood. If you're like me, the winter blues hit HARD as a momma, especially if you live in the north. January and February are the toughest months for me with the cold and gloomy weather. The recommendation is to use it

20 minutes to 1 hour during the day. Keep it simple and start with 5-10 minutes daily and slowly increase depending on how you feel. Overusing it for too long could potentially cause some added feelings of anxiety so always follow the instructions and recommendations of course since it will vary for each individual 😊

EVERY
journey
NEEDS A
first
STEP

DISCLAIMER: ALL OF THIS INFORMATION IS BASED OFF OF MY OWN EXPERIENCES, EDUCATIONAL BACKGROUND, AND SUCCESS WITH PRODUCTS AND APPROACHES TO HEALTH. PLEASE CONSULT A PRACTITIONER WITH ANY HEALTH RELATED QUESTIONS OR CONCERNS.
*THIS INFORMATION IS PROPRIETARY AND MAY NOT BE REPRODUCED WITHOUT THE EXPRESS WRITTEN CONSENT OF THE AUTHOR.