

SIMPLY HOLISTIC MOTHERHOOD:  
FROM POSTPARTUM & BEYOND

# WELCOME!



# WELCOME MAMA

Before we jump in, please keep in mind that this article was written based upon my own personal experiences with postpartum anxiety (PPA) and my educational background. All of this information is provided to give you some helpful tools which may help you to discover some of the root causes of your anxiety as a new mom. These ideas and the methods I provide in this article are not intended to replace conventional medical and psychological approaches. However, in my own experiences, before I even considered using traditional medical, pharmacological, and psychological fixes, I found that exploring more natural and holistic alternatives first was really effective for me. Why? Because these solutions have positively changed my life many times without resorting to traditional therapies and I want to encourage you mamas to give it a shot because of how much it has helped me become a better wife and mom.

Now this next bit is important.

Always keep in mind that there are times that you or someone you know might be feeling suicidal or depressed in addition to experiencing general anxiety. If that is the case, please reach out or encourage others to reach out to an appropriate emergency contact or your healthcare professional immediately. There will always be time to make a decision on how to proceed holistically in treating your anxiety after you have received any emergency care you need.

So let's get into it!

*Brittany*

# What are the benefits of approaching postpartum anxiety from a simple and more holistic perspective?

Let's start with discussing traditional methods. The most widely known and conventional approach to anxiety is to resort to medication to help to calm you down and turn off the panic signals in your brain. Some commonly used medications are two classes of drugs known as Selective Serotonin Reuptake Inhibitors (or SSRI's) and a class of drugs known as Benzodiazepine's (think Valium for example). Although most of these medications are at times necessary and even beneficial for people with moderate to severe mental illness and anxiety, there are many unintended side effects associated with being on such medications and even after the medication is stopped.

In addition, many are addictive in nature, so if you have a history of addictive behavior or a family history of addiction, you should exercise caution before taking these medications and consult with your physician or prescribing treatment professional before use.

During my studies in undergrad, I learned that it is important to proceed with caution before taking any medications due to side effects, mainly because in the long run, if not taken as directed and depending upon your physical and psychological make-up, one possible outcome could be that you end up worse off than you were before resorting to this route. Another thing that can happen is that you can end up with the same symptoms or worse anxiety than you were trying to get rid of in the first place. So, for example, if you aren't careful and do not strive to get to the root cause of your anxiety prior, you may develop uncomfortable side effects such as insomnia, panic attacks, and irritability, just to name a few. And as a first-time mom, or mom in general, this should not be your ultimate goal.



Now let's talk functional approach. There are many positive benefits of approaching PPA this way.

How can this benefit you?

1. It can help you to identify and utilize lifelong coping mechanisms for your anxiety.

Anxiety isn't something that just magically goes away. You need to work hard on it, and it is a gradual process. I found that small, simple steps are the key to lasting and effective long-term success. With the functional approach, you aren't just using a "band aid" approach to help "reset" your nervous system but are finding the root causes of your anxiety, which often will lead to healthier, longer lasting, and lifelong coping mechanisms.



2. You will have less bothersome side effects.

The functional approach to anxiety will have you trying supplements, diet modifications, stress management techniques, and exercise, which come with very little risk of side effects and will have long lasting effects on your overall wellbeing. I've had success starting with very low doses and well established and reputable brand supplements to see if I tolerate them first. What's great about using supplements is that they are not addictive, and you don't have to worry about weaning off of them.



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