

Empowered Postpartum Workbook

Mom, this workbook is designed to support you as you rediscover your inner wisdom, values, and strength during your postpartum period. If you have this before your baby arrives, we encourage you to revisit these pages once your baby is here. And if you are currently navigating the postpartum experience, know that you are doing an incredible job. Your baby is fortunate to have you as their mom.

Please remember, there is no "perfect" or "right" way to use this workbook. Focus on what resonates with you, and set aside anything that does not feel appropriate for you right now. Always remember: **You are the true expert on your own motherhood.**

Take a moment to reflect on your current feelings and expectations about this postpartum journey. What hopes do you hold for yourself during this time? What worries might be present?

My hopes for myself are:

My current worries are:

Consider one small, nurturing action you can take for yourself today. This can be anything that brings you a moment of peace, comfort, or joy. No matter how small, these moments add up and are crucial for your well-being.

One nurturing action I can take for myself today is:

Remember, this is your unique journey, and every step you take, every feeling you acknowledge, contributes to your growth and empowerment. Be gentle with yourself, and embrace the beautiful process of becoming.

Honoring the Journey

Bringing Your Authentic Self Into Motherhood

As you embark on motherhood, take a moment to reflect:

What drew you to this path, to become a mother?

And if this isn't your first time, what changes or intentions are you hoping to cultivate this time around?

What essential qualities do you wish to integrate into your new role as a mother? Perhaps it's your quiet strength, your caring nature, your playful spirit, or your thoughtful way of connecting with others. Remember, even as you grow and transform, there's always room in motherhood for all that makes you the unique woman you already are.

Are there any outdated beliefs or expectations about motherhood that no longer serve you, and that you're ready to release?

 *A helpful reminder:*

On challenging days, turn back to this page. As you observe your baby's features and feel their breath, remember that you are the loving mother they need.

The Emotional Landscape

Many Truths Can Exist at Once

The postpartum journey is complex. It is a time when many different feelings and realities can be present simultaneously.

Take a moment to write down any emotions you have experienced lately:

—
—
—
—
—
—
—
—
—

 *try this*

To help you reconnect: Try the 5-4-3-2-1 method, or simply pause and place a hand over your heart.

**Five things you
can see right
now**

**Four things you
can touch or feel**

**Three sounds
you can hear**

**Two smells you
can notice**

One taste you can perceive

After completing this exercise, take a moment to notice how you feel. Did anything shift or become clearer?

—
—
—
—

Finding Your Calm

Your Support Map

As a mother, imagine a week where you feel supported, rested, and understood. What would that ideal week look like for you?

This is your personal support map, a practical guide for your journey. The answers to these questions can help you identify the support you need right now. Your needs will change over time, so please revisit this exercise whenever you feel it is helpful.

What do you need more of?

—
—
—
—

Who can offer support?

—
—
—
—

What boundaries will protect your energy?

—
—
—
—

An Invitation

Set a timer for just 3 minutes and write down your thoughts. When the chime sounds, review what you've written. Notice any insights that can guide you toward the support you need.

Reflect on what you've written. What is one small step you can take this week to move closer to your ideal support map?

—
—
—
—

The Only Person You Need Permission From Is Yourself

But sometimes finding that permission within ourselves can feel challenging.

Consider giving yourself permission to...



Embrace every feeling

My emotions are constantly changing right now – joy and exhaustion, grief and awe, moments of confusion and wonder. And that's okay. I give myself permission to simply feel it all:



Take rest, whenever you need it

I understand that rest isn't a luxury; it's a vital part of healing and thriving. I allow myself to rest when:



Reach out and receive support

I am not meant to walk this path alone. I openly give myself permission to ask for: _____
From: _____



Release the need for perfection

Messy moments are fine. Moments of uncertainty are fine. I give myself permission to simply be imperfect by:



Redefine what matters

Your inner guidance helps you set priorities beyond external expectations. I give myself permission to focus on:



Tend to myself, too

Your well-being is essential, especially now. I give myself permission to care for myself by:



Change my mind

You are evolving and discovering new paths, and it's okay for things to change. I give myself permission to let go of:

(date)

Coming out of the newborn phase with intention:

Hopes, Fears, and Your Voice

What hopes or concerns do you have as you consider returning to routines or new adventures?

What do you truly want to share and bring into the world?

What kind of balance and freedom would genuinely support you?

Imagine crafting a sentence you could share with your partner, employer, or a supportive friend:

📄 *A thought...*

Recall moments when you felt most authentic as a mom. Perhaps moments of pride, strength in setting a boundary, or a meaningful hug. Let that clear, confident energy guide you as you consider or share your goals for what comes next.

Integration

A Year From Now

Imagine yourself a year from now, feeling grounded, calm, and supported. What does your everyday feel like?

As you look back, what's a profound insight that has emerged from creating this space for yourself? Is there anyone you'd like to share this journey with?

try this

Perhaps you might consider sharing this page with a friend, a trusted family member, your therapist, or your partner. They can be a helpful reminder of your intentions when you need it most.

Affirmations

I am learning and growing right alongside my baby.

My worth isn't tied to what I produce—rest is a valuable gift, too.

It's okay to ask for help. Receiving support makes me stronger, never weaker.

I honor this amazing body for all it has done, and for all the wonder it continues to create.

All my feelings are welcome and valid, even the challenging ones.

Affirmations — Continued

You Are Enough

It's okay to experience both joy and difficult moments; both are valid.

You are the dedicated mother your child needs.

These moments, both challenging and rewarding, are temporary. You are doing well.

Trust your intuition to guide your family.

You deserve the same care and compassion you give to your child.

You Don't Have to Do This Alone



Supporting Your Heart & Mind

- **Postpartum Support International (PSI)** – <https://www.postpartum.net> Find support groups, a therapist directory, and a helpline: 1-800-944-4773
- **National Maternal Mental Health Hotline** – <https://mchb.hrsa.gov/national-maternal-mental-health-hotline> Reach out anytime by calling or texting 1-833-943-5746 for 24/7 free, confidential support



Therapy & Connection Resources

- Explore virtual therapy options like **BetterHelp** or **Talkspace**, connecting from home.
- Find local perinatal therapists through **Psychology Today** or **PSI's directory**.
- Connect with new parent support groups at local hospitals, birth centers, or community centers – for our Seattle friends, **PEPs** is a valuable option.



Healing for Your Body

- Your body has done amazing work! **Pelvic Floor Physical Therapy** can help – ask your OB/midwife for a referral.
- If you're navigating feeding, a **Lactation Consultant** can provide guidance. Find one through <https://www.ilca.org>
- Consider a **Postpartum doula** for emotional and practical in-home support during this time. You can find one at www.doulamatch.com



Help Around the Home

- **Meal Train** – <https://www.mealtrain.com> Allow friends and family to schedule meal deliveries for you.
- Simplify things with **Grocery & meal delivery** services like Instacart, HelloFresh, Daily Harvest, and more.



Recommended Reads & Listening

- **The Fourth Trimester** by Kimberly Ann Johnson
- **Good Moms Have Scary Thoughts** by Karen Kleinman
- **Motherhood Sessions** (podcast by Dr. Alexandra Sacks)
- **The Momwell Podcast** – supportive and validating conversations for new mothers

A Special Note from Alexis Gentry, LCSW: I offer one-on-one coaching, whether for a single session or a series. If you're looking for guidance, support, and care on your journey, please know I'm here to work with you.

www.alexisgentrylcsw.com

[a](#)

[@alexisgentrylcsw](#)