



Navigating Maternal Mental Health: Real Talk for New & Expecting Moms

Hey Mama,

Let's get real—motherhood is beautiful, but it can also be overwhelming, exhausting, and downright scary. Whether you're carrying life, recovering postpartum, or sitting beside your baby in the NICU, the mental load is heavy. And yet, too many moms suffer in silence. That stops here. Let's talk about it.

Common Mental Health Challenges

New and expecting moms face everything from anxiety and depression to identity shifts and exhaustion. You're adjusting to a whole new version of yourself while dealing with sleep deprivation, hormonal changes, and the weight of responsibility. Postpartum depression (PPD) and postpartum anxiety (PPA) are real, but so is postpartum rage, intrusive thoughts, and the feeling of "losing yourself."

Signs to look out for:

- Persistent sadness, hopelessness, or emotional numbness
- Feeling disconnected from your baby or struggling to bond
- Extreme anxiety or racing thoughts, especially around your baby's safety
- Irritability, anger, or mood swings that feel out of character
- Physical symptoms like fatigue, headaches, or digestive issues that don't go away
- Feeling like you're failing, no matter how much you're doing

If this sounds familiar, you're not alone—and help is available.

Coping Strategies

Motherhood is demanding, but your mental health matters too. Here are a few strategies to hold on to:

- **Name It to Tame It:** Acknowledge what you're feeling. Saying, "*I'm struggling*" is powerful.
- **Breathe Through It:** Try box breathing—inhale for 4 seconds, hold for 4, exhale for 4. It calms your nervous system.
- **Create Small Routines:** Even five minutes of journaling, stretching, or drinking your coffee hot can ground you.
- **Ask for Help:** You were never meant to do this alone. Let go of the "supermom" narrative.
- **Set Boundaries:** Protect your peace. "No" is a complete sentence.



Support from Family & Community

Moms don't just need "help." They need **intentional** support. Partners, family, and friends—listen up:

- Instead of "Let me know if you need anything," say, *"I'll take the baby while you nap."*
- Instead of questioning her emotions, say, *"I see you, and I hear you."*
- Instead of assuming she's okay, check in **regularly** without judgment.

Community is crucial. Whether it's mom groups, online forums, or therapy spaces, moms need safe spaces to be vulnerable and supported.

Self-Care and Balancing Motherhood

Here's the truth—self-care isn't always bubble baths and spa days. Sometimes, it's taking a deep breath before responding, eating a real meal, or saying no to visitors when you need rest.

Start with small acts of self-preservation:

- **Hydrate and nourish your body.** Yes, it sounds simple, but it's easy to forget.
- **Protect your rest.** Sleep deprivation is real, and it impacts mental health deeply.
- **Speak to yourself with kindness.** You're doing enough. You are enough.

When to Seek Professional Help

If your feelings are persistent, interfering with daily life, or making you feel unsafe, **reach out.** Therapy, support groups, and even medication can be life-changing.

Here's what to look for in a mental health provider:

- Someone who **validates your experience** without dismissing it
- A provider trained in **perinatal and postpartum mental health**
- A space where you feel **safe and heard**

Breaking the Stigma & Building Resilience

Mothers should never have to choose between their baby's well-being and their own. It's time to normalize asking for help, saying "I'm struggling," and prioritizing mental health. Healthcare providers need to **screen more, listen better, and act faster.**



Resilience isn't about being "strong" all the time—it's about learning to ask for help, embracing self-compassion, and knowing that healing isn't linear. You are more than a mother. You are a whole person who deserves care, rest, and joy.

Final Words

Mama, you are not alone. Your mental health matters. If you're struggling, **reach out**—to a friend, a professional, or a support group. You deserve to not just survive this season but to thrive in it.

With love,
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