

MY THRIVE GUIDE

supportive, personalized emotional wellbeing planning

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Supportive People and Resources

ENCOURAGED. VALIDATED.
CARED FOR. LOVED. SEEN.

Name:
Contact Info:

Name:
Contact Info:

Name:
Contact Info:

Available anytime

National Maternal Mental Health Hotline*

Call or text:
1-833-TLC-MAMA (1-833-852-6262)
*available for you or your loved ones

Crisis Lifeline
Call or text: 988

www.PMHconnect.org
www.postpartum.net



MINDFULNESS OF MY FEELINGS/EMOTIONS

Signs that I'm feeling overwhelmed/stressed/anxious/depressed (increased social media scrolling, irritable, difficulty concentrating, haven't showered for several days):

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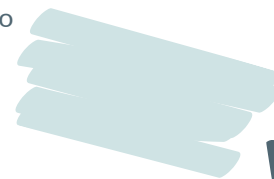


Self-screen: scan here for guided reflective questions to check-in with yourself

*Consider sharing with supportive people/care providers- as 'hints' so that they can offer help and support



Brainstorm a "signal" to **SHARE** with others to indicate you need help/support/a break without having to ask or explain:



PLANS FOR CARING FOR MYSELF

SELF MANAGEMENT OF SYMPTOMS

Examples: Plan for gentle exercise including care for child(ren), apps that guide me (mindfulness, relaxation)

SIMPLE THINGS I CAN DO TO FEEL CONNECTED WITH MYSELF:

Examples: Listen to my favorite song, be creative, stroll through my favorite store (alone)

I NEED A BREAK

TRUSTED. RELIABLE. CHILDCARE.

Name:
Contact Info:

Name:
Contact Info:

Main character vibes



CARE FROM OTHERS

PERSONALIZED SUPPORT FOR WHEN IT'S ALL JUST TOO MUCH

HOW CAN I HELP?

PRE-PLAN IDEAS THAT WILL FEEL SUPPORTIVE

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- Plan with provider ahead of time so a text/ portal message is all that is needed to initiate care
- Find a therapist you connect with, establish relationship
- Set-up a "safety-net person" who can share info with your care team

DOCTOR. MIDWIFE. THERAPIST. DOULA. INFANT FEEDING SUPPORT.

MY CARE TEAM

Name:
Contact Info:

Name:
Contact Info:

Name:
Contact Info: