



## Having a baby is a life-changing experience.

Being a new mum can bring excitement and happiness — but it can also be a time of stress and uncertainty.

By taking action to maintain your mental health, you can better manage the challenges experienced at this time of life and also improve your overall wellbeing. This will help you to feel happier and enjoy the experience of being a mum, which will have a positive impact on your baby.

Keeping mentally healthy is as important as staying physically healthy, and it's as easy as A-B-C, Act-Belong-Commit.

## How can I get involved?

- Join postnatal exercise classes where your baby is welcome to come along
- Talk to your child health nurse — they are a wealth of information and ideas
- Find and join a local playgroup ([playgroupqld.com.au](http://playgroupqld.com.au))
- Explore the activities for children on offer at your local library or community centre
- Check out the pages we like on Facebook to find local information for mums

Our Midwife check-in service offers ongoing phone support for pregnant women and new mums. Popular topics women check-in about are:

- Mood changes and emotions
- Birth worries, and birth recovery
- Unsettled / crying babies
- Relationships and sex
- Coping with motherhood
- Eating well and being active
- Feeling isolated and lonely

Why not register today?  
You'll be glad you did!

**womhealth.org.au**  
**3839 9988 or 1800 017 676**  
(toll free outside Brisbane)



**WOMEN'S HEALTH**  
QUEENSLAND WIDE Inc  
Information and Education since 1985



**act  
belong  
commit**



**Keeping Queensland  
mums and mums-to-be  
mentally healthy**

[actbelongcommit.org.au](http://actbelongcommit.org.au)

[womhealth.org.au](http://womhealth.org.au)



Keeping mentally healthy is just as important as staying physically healthy, and it's as easy as **A-B-C...**

# act

Keeping physically, mentally, socially and spiritually active strengthens our mental wellbeing. Being active helps us to cope with stress, builds friendships and lifts our mood.

Take your baby for a walk, call a friend, try a new recipe or find activities like postnatal classes or mothers walking groups where your baby is welcome to come along and join in.



# commit

Commitment gives us a sense of meaning and purpose. It builds our self-esteem and resilience.

Becoming a mum is a big challenge in itself.

Commit to the activities you engage in and set yourself small, manageable goals. Dedicate time each day to doing the things that make you happy. The more mentally healthy we are, the happier we feel, allowing us to better cope with problems and stresses in life.

# belong

Belonging helps build friendships, creates opportunities, strengthens communities and feels good.

Find support networks in your community such as mothers groups and playgroups. Spending time with other new mums and sharing your experience of motherhood can be fun, relaxing and helpful.

Mothers groups are a fantastic way to keep socially active, meet new friends and talk to other mums just like you.



Read our "Looking After You: A New Mum's Guide to Feeling Great" or "Deadly Mum's Guide to Feeling Great". Download a copy from our website ([womhealth.org.au](http://womhealth.org.au)) to view on your phone or tablet.

Join us on Facebook for the latest information and support for pregnant and new mums — [womenshealthqldwide](https://www.facebook.com/womenshealthqldwide)

