

SURVIVING LIFE WITH A NEWBORN

@journey-to-wellness_



TAKE A
MULTIVITAMIN

TAKE A SHOWER EACH DAY

IDENTIFY AND
EARLY & GET HELP

DROP YOUR
STANDARDS -
DISHES CAN WAIT!

ACCEPT OFFERS
OF HELP

GET SLEEP WHEN-
EVER YOU CAN

CRY IF YOU NEED
TO

BE PREPARED
FOR AN EMOTIONAL
ROLLERCOASTER

CUT YOURSELF
SOME SLACK!

WEAR COMFY
CLOTHES & USE DRY
SHAMPOO!

TAP OUT & TAG IN
SOMEONE ELSE WHEN
YOU NEED TO

IT'S OK TO SAY
'NO' TO VISITORS

Looking After Myself

RJ Alexander



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