

Noticing Daily Activities

	Activity	Nourishing	Depleting
5:00 A.M.			
6:00 A.M.			
7:00 A.M.			
8:00 A.M.			
9:00 A.M.			
10:00 A.M.			
11:00 A.M.			
12:00 P.M.			
1:00 P.M.			
2:00 P.M.			
3:00 P.M.			
4:00 P.M.			
5:00 P.M.			
6:00 P.M.			
7:00 P.M.			
8:00 P.M.			
9:00 P.M.			
10:00 P.M.			
11:00 P.M.			
12:00 A.M.			
1:00 A.M.– 4:00 A.M.			

From *Expecting Mindfully: Nourish Your Emotional Well-Being and Prevent Depression during Pregnancy and Postpartum*, by Sona Dimidjian and Sherryl H. Goodman. Copyright © 2019 The Guilford Press.

My Pleasure, Mastery, and Connecting Activities

Pleasure Activities	Mastery Activities	Connecting Activities

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Noticing and Responding to Warning Signs

Common Warning Signs	My Warning Signs	My Pleasure, Mastery, and Connecting Activities
Warning signs in my body (feeling exhausted, sleeping more or less, eating more or less or different kinds of foods, aches and pains, etc.)		
Warning signs in my emotions (feeling sad, down, guilty, irritable, ashamed, angry, numb, overwhelmed, etc.)		
Warning signs in my thoughts (critical of others, down on myself, etc.)		
Warning signs in my actions (withdrawing from other people, procrastinating on tasks, snapping at others, etc.)		

My Plans for Practicing Asking for Help and Saying No

What is the challenge?	Who can help?	What do I want or what don't I want?	What action can I take to talk with people in my life?

How Has What You've Learned in This Program Been Important to You?

The program has helped me learn new ways to . . .	What's your experience?
<i>"respond to intense sensations and emotions."</i>	
<i>"be more aware of my experience in the present moment versus being on automatic pilot."</i>	
<i>"be less pulled away by worrying about the future or dwelling on the past."</i>	
<i>"be kinder with and less critical of myself."</i>	
<i>"connect with my baby."</i>	
<i>"relate to depression and worry thoughts (e.g., knowing that 'thoughts are not facts')."</i>	
<i>"accept uncertainty and difficulty as part of the path of pregnancy and parenting."</i>	
<i>"recognize my individual triggers and warning signs."</i>	



Practice Journal

	What is your intention for formal and informal daily practice?	What did you experience in your practice today? What did you learn from your practice?	Did you encounter any barriers, and if so, how did you work with them?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Circle of Support Reflections

What is your intention for connecting with your support person this week?

What did you notice in connecting with your support person this week?