



# POSTPARTUM SELF-REFLECTION JOURNAL





# Empowered Postpartum Self-Reflection Journal

## **Welcome to Your Postpartum Self-Reflection Journal**

Congratulations on your new arrival and welcome to a journey of self-discovery during one of the most transformative times of your life. This journal is designed to be a personal space for you to reflect, regroup, and recognize the strength you hold within. Each day brings new challenges and joys, and through this journal, you can document your thoughts, feelings, and experiences as you navigate the postpartum period.

## **Why a Self-Reflection Journal?**

Reflecting helps you understand your emotions, appreciate your successes, and identify areas where you might need additional support or resources. It's a tool to help you maintain your well-being and strengthen your resilience.

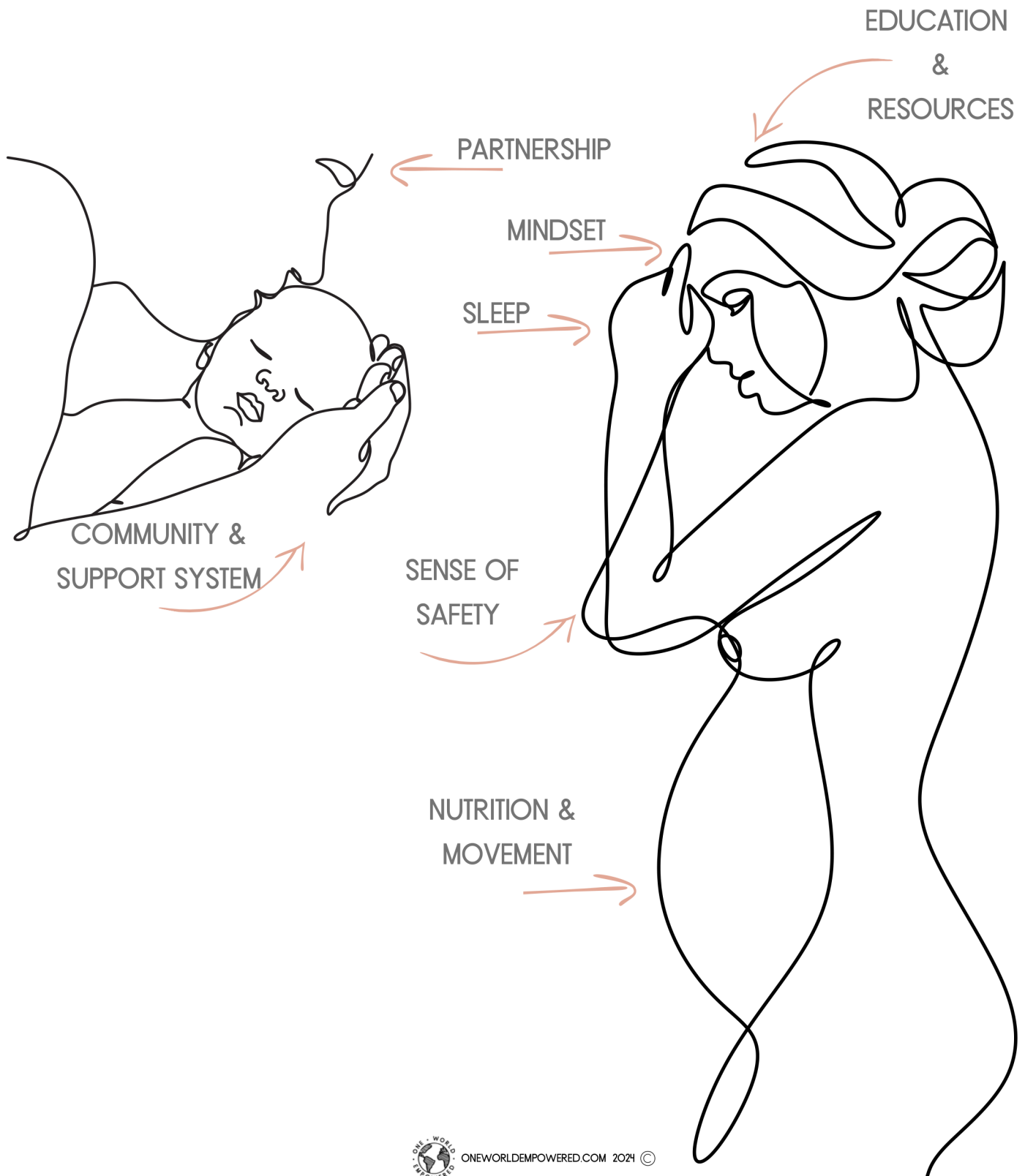
## Understanding Protective Factors

Protective factors are conditions or attributes that help people deal more effectively with stressful events and mitigate or eliminate risk. In the context of postpartum recovery, focusing on these factors can greatly enhance your ability to thrive. Here are the protective factors this journal will help you explore:

- Community/Support System: Building and relying on a network of support, including friends, family, and healthcare providers.
- Nourishing Food/Movement: The role of a balanced diet and physical activity in your physical and mental health.
- Sleep: Understanding and improving sleep patterns for better health and energy.
- Relationships: Nurturing positive relationships that provide emotional support and understanding.
- Sense of Safety: Creating a safe and comforting environment for both you and your baby.
- Mindset: Developing a positive outlook that can influence all aspects of life.
- Education/Resources: Utilizing available information and resources to make informed decisions about you and your baby's health.

We hope that by focusing on these areas, you will find strength and confidence in your new role as a mother. Remember, it's okay to ask for help, and it's okay to not be okay sometimes. You are doing your best, and that is enough.

# Protective Factors



## Empowering Words for New Moms

As you journey through motherhood, let these words inspire and uplift you. Remember, you are not alone, and you are more capable than you know.

1. "As I birthed you, I have rebirthed myself. As I mother you, I am re-mothering myself." - Dena Tibsherany
2. "You are doing a great job, Mom, even when you don't feel like it."
3. "Be gentle with yourself, you're doing the best you can."
4. "There is no way to be a perfect mother, and a million ways to be a good one."  
- Jill Churchill
5. "Sometimes the strength of motherhood is greater than natural laws." -  
Barbara Kingsolver
6. "In giving birth to our babies, we may find that we give birth to new possibilities within ourselves." - Myla and Jon Kabat-Zinn
7. "You are not alone in feeling alone."

## Positive Affirmations for Challenging Moments

We can all use a little inspiration on how to talk kindly to ourselves. Feel free to print this page and place it where you can see it often, as a reminder of your strength and worth.

When you need some inspiration for affirmations to repeat to yourself and replace any spiraling thoughts, borrow what resonates with you from below:

1. I am enough for my baby, exactly as I am."
2. "Every challenge I face makes me a stronger mother."
3. "I trust my instincts to make the best decisions for my baby."
4. "I give myself permission to rest because taking care of myself is taking care of my baby."
5. "It's okay to ask for help; motherhood is not meant to be done alone."
6. "With each breath, I release anxiety and welcome calm."
7. "I am doing my best, and that is all I can do."
8. "My baby loves me unconditionally, and so I will love myself."
9. "This moment is tough, but I am tougher."
10. "I choose to focus on the love and joy my baby brings me."
11. "I am proud of myself for getting through today."
12. "I am a good mom, even on my worst days."

# ABOUT THE AUTHOR

DENA TIBSHERANY

YOUR MOTHERHOOD THERAPIST, COACH, AND PODCAST HOST

Hello! I'm Dena Tibsherany, and I'm thrilled to share this journey with you through this journal. As a dedicated motherhood therapist and coach, my passion lies in supporting moms as they navigate the unique challenges and beautiful moments of motherhood.

With a background in perinatal mental health, I have devoted my career to helping mothers find joy, balance, and resilience during this transformative phase of life. I understand the complexities that come with motherhood, not only professionally but also personally, as a mom myself.

In addition to group coaching and therapy, I host the The Empower 2 Heal Podcast, a podcast dedicated to discussing all things motherhood and to empowering healing. Each episode is designed to empower, educate, and connect moms everywhere, covering topics from postpartum care to personal growth after becoming a parent.

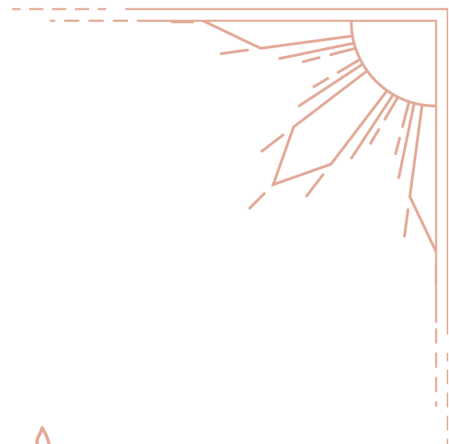
I believe that every mom deserves to feel supported, understood, and confident in their journey. If you ever feel overwhelmed or just need someone to talk to, please don't hesitate to reach out.

For more resources, to listen to my podcast, or to connect with me directly, simply scan the QR code below or visit my website at [oneworldempowered.com](https://oneworldempowered.com)



Thank you for letting me be a part of your motherhood journey. Remember, you are not alone, and you are doing wonderfully!





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# REFLECTION

*Journal*

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### TODAY I'M GRATEFUL FOR:

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### WATER INTAKE



### MOOD



### EMOTIONAL CHECK-IN:

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### SUPPORTIVE AFFIRMATION

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### SLEEP NOTES:

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TOTAL HOURS:

### WAYS I FELT SUPPORTED TODAY:

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### CHALLENGES/SUCCESSSES

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## SUPPORTIVE AFFIRMATION

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## SLEEP NOTES:

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TOTAL HOURS:

DID I MOVE MY BODY?                      YES / NO

WAYS I FELT SUPPORTED TODAY:

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## CHALLENGES/SUCCESSSES

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## WATER INTAKE



## MOOD



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## SUPPORTIVE AFFIRMATION

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## SLEEP NOTES:

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TOTAL HOURS:

DID I MOVE MY BODY?                      YES / NO

WAYS I FELT SUPPORTED TODAY:

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## CHALLENGES/SUCCESSSES

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# *Weekly* REFLECTIONS

HOW DID THIS WEEK GO FOR YOU? WHAT WERE YOUR HIGHS AND LOWS?

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## MOOD TRACKING:

- WHICH EMOTIONS DID YOU EXPERIENCE MOST THIS WEEK? (REFER TO THE EMOJI MOOD SCALE PROVIDED DAILY.)
- WERE THERE SPECIFIC DAYS OR EVENTS THAT INFLUENCED YOUR MOOD SIGNIFICANTLY?

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## HEALTH AND WELLNESS:

- HOW HAVE YOU FELT PHYSICALLY THIS WEEK? NOTE ANY PARTICULAR DAYS OF GOOD HEALTH OR CHALLENGES.
- WHAT STEPS DID YOU TAKE THIS WEEK TO CARE FOR YOUR PHYSICAL HEALTH (E.G., DIET, EXERCISE, REST)?

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# REFLECTIONS

## SUPPORT AND RELATIONSHIPS

- HOW SUPPORTED DID YOU FEEL THIS WEEK? WERE THERE PEOPLE OR INTERACTIONS THAT STOOD OUT?
- HAVE YOUR RELATIONSHIPS CONTRIBUTED POSITIVELY OR NEGATIVELY TO YOUR WEEK?

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## CHALLENGES AND SUCCESSES

- WHAT CHALLENGES DID YOU FACE THIS WEEK, AND HOW DID YOU HANDLE THEM?
- CELEBRATE YOUR SUCCESSES THIS WEEK, NO MATTER HOW SMALL THEY MIGHT SEEM.

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## LEARNING AND INSIGHTS

- WHAT HAVE YOU LEARNED ABOUT YOURSELF OR YOUR BABY THIS WEEK?
- HAVE YOU NOTICED ANY PATTERNS OR CHANGES IN YOUR BEHAVIOR OR MOOD?

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# *Weekly* REFLECTIONS

## LOOKING AHEAD

- WHAT ARE YOUR GOALS OR HOPES FOR NEXT WEEK?
- ARE THERE ADJUSTMENTS YOU WANT TO MAKE BASED ON THIS WEEK'S EXPERIENCES?

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## SELF-CARE COMMITMENT

- WHAT IS ONE ACT OF SELF-CARE YOU COMMIT TO DOING FOR YOURSELF NEXT WEEK?

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## NOTES AND ADDITIONAL THOUGHTS

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**NOTES:**

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