

5 WAYS TO FIGHT POSTPARTUM DEPRESSION



1. Take care of yourself-Pamper Yourself.
(These are a few of my favorites)

- Get Together with friends
- Get your nails done or do them yourself
- Get a massage

2. Sleep as much as you can (Get to bed early).

3. Health & Nutrition.

- Eat healthy
- Multivitamins
- Supplements

4. Pray.

5. Workout/Exercise.

