

Your Starter Mood-Lifting Toolkit

7 strategies to try this week

This Week's Mission

Try **one strategy every couple of days** (*choose days you have time*) for the next 2 weeks and track how each one affects your mood using the tracking sheet. We'll use this information at your next appointment to build your personalised mood-support plan.

Day 1: Baby Connection Activity

Choose one:

- Spend 10 minutes talking to your baby about your day
- Play music and notice if baby responds with movement
- Research what's developing this week (12 weeks = vocal cords forming!)
- Gentle belly massage while humming

Why this might help

Connects you to the positive aspect of your current situation and gives purpose to the restrictions you're feeling.

Day 2: Create a Tiny Sanctuary

Your mission:

- Choose one corner, chair, or small area
- Clean it thoroughly and safely ([review the Practical Mould Management During Pregnancy Handout](#))
- Add something that makes you happy (candle, plant, soft blanket, photos)
- Spend 15 minutes there doing something peaceful

Why this might help:

Gives you control over your immediate environment and creates a mould-free retreat space.

Day 3: Future Planning Session

Choose one:

- Start a Pinterest board for nursery ideas or family activities
- Research baby names for 20 minutes
- Write a list of things you want to do with your baby in their first year and with Scarlett during your maternity leave
- Plan one special thing for after the house sells

Why this might help:

Shifts focus from current limitations to exciting possibilities ahead.

Day 4: Creative Expression

Choose one:

- Start a pregnancy journal (even just write one page)
- Begin a simple craft project for baby
- Take 5 different photos of your growing bump
- Write a letter to your baby about how you're feeling right now

Why this might help:

Provides a sense of accomplishment and creates something meaningful from this time period.

Day 5: Social Connection

Choose one:

- Text or call someone you haven't talked to in a while
- Join an online pregnancy group and introduce yourself
- Write a thank-you note to someone who has supported you
- Plan a simple get-together with a friend

Why this might help:

Combats isolation and reminds you that you have support and people who care.

Day 6: Take Back Environmental Control

Choose one:

- Organise one small area really well (drawer, shelf, closet section)
- Add something that makes you smile to your living space
- Use essential oils or a special candle to create a pleasant scent
- Rearrange furniture in one room to make it feel fresh

Why this might help:

Gives you agency over your space and creates positive changes you can see and feel.

Day 7: Celebrate Small Wins

Your mission:

- Write down 5 things you accomplished this week (however small)
- Take a photo of something you're proud of
- Do something nice for yourself (special tea, face mask, favorite playlist)
- Plan one thing you're looking forward to next week

Why this might help:

Ends this practice on a positive note and builds momentum for continuing mood-supporting activities.

Quick Reminder Cards

Keep these handy for tough moments

When feeling really stuck:

"I'm not stuck - I'm preparing. My baby and I are growing stronger together."

When frustrated about restrictions:

"Every choice I make right now is loving my baby. That's not restriction - that's purpose."

When overwhelmed by circumstances:

"I can't control everything, but I can control how I spend the next 10 minutes."

When missing old coping methods:

"I'm discovering new ways to take care of myself that work for this new version of me."

Emergency Mood Rescue (2 minutes or less) – I have text you this one too

When you need immediate relief:

1. **Breathe:** 4-7-8 breathing technique
2. **Move:** Step outside or do gentle stretches
3. **Connect:** Hand on belly, tell baby "we're okay"
4. **Shift:** Look for 3 beautiful things around you
5. **Act:** Do one tiny thing that makes you feel accomplished

Once you've completed your 2 weeks of activities

Bring your completed tracking sheet to our next appointment. We'll look at:

- Which strategies worked best for you
- What time of day you felt most/least motivated
- What patterns emerged
- How to build on what worked
- What other strategies might suit your preferences

Remember: This is about finding what works for YOU, not about being perfect or trying everything. Some strategies might not resonate - that's completely normal and useful information!

And if you want to keep going until we see each other again – go for it – there are load of activities to try.