Postpartum Mood Check-In

Date: _____

Weeks Postpartum: _____

Take two quiet minutes to notice how you are feeling without judgment. There are no right or wrong answers—only gentle awareness of what your mind and body need today.

1. Emotional & Physical Landscape

Over the past few days, I have felt…	Rarely	Sometimes	Often	Almost Always
Calm, grounded, or able to take a deep breath	○	○	○	○
Overwhelmed by daily tasks or caregiving	○	○	○	○
Anxious, restless, or unable to quiet racing thoughts	○	○	○	○
Tearful, heavy-hearted, or unusually irritable	○	○	○	○
Disconnected from myself, my baby, or loved ones	○	○	○	○
Able to rest when given the opportunity	○	○	○	○

2. Basic Needs Inventory

Check what has been nourished today, and notice what is missing:	
☐ Drank enough water	☐ Stepped outside for fresh air
☐ Ate a nourishing meal or snack	☐ Had 10+ minutes entirely to myself
☐ Connected with a supportive person	☐ Asked for or accepted help

3. Gentle Reflection

What is feeling heaviest right now, and what is one small thing I can let go of today?

_____

_____

_____

One person I can reach out to if I need support or company this week:

_____

> **A Gentle Reminder:** You do not have to carry everything alone. If heavy feelings persist for more than two weeks or interfere with daily life, please share this check-in with your healthcare provider or reach out for support.