

YOUR MENTAL WELLNESS CHECKLIST

Reach out to your doctor or a mental health professional if you are experiencing:

- **Paralysis by decision.** Feeling so overwhelmed by choices (timing, job, finances) that you are completely stuck or unable to move forward.
- **Isolating yourself.** Avoiding conversations with your partner, friends, or family to prevent judgment or having to discuss your plans/timeline.
- **Persistent, intense worry about the baby's health or your competence** that you can't control.
- **Loss of interest or pleasure in activities you usually enjoy** (more than just fatigue).
- **Rage, extreme irritability, or intrusive thoughts that feel scary or foreign to you.**
- **Significant changes in sleep** (insomnia or sleeping too much).
- **Avoiding necessary medical care** (like appointments or tests) due to extreme fear.
- **Feeling disconnected or constantly irritable toward your partner or friends.**
- **Feeling worthless, guilty, or like a failure as a parent or parent-to-be.**

You Don't Have to Navigate These Feelings Alone!

To Connect with More Resources and Support for Life Transitions and Reproductive Health:



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