

NESTS for Well-Being

To help you remember the basic steps of well-being, think of the term “NESTS”.

Your health and well-being throughout the prenatal and postpartum journey is supported by a circle of community care. Use this tool to write down some ideas that may help reduce stress and provide simple ways to support your well-being.

N
Nutrition

E
Exercise

S
Sleep

T
Time for yourself

S
Support



Nutrition – Try to eat nutritious food, and sip water throughout the day when you can. These are some ideas for me to support my well-being (favourite snack, water bottle, easy to prepare meals and snacks, ask friends and family for frozen meals, etc.):

Exercise – Even a small amount of exercise can help boost your mood, increase energy levels, decrease stress and anxiety, and promote sleep. These are some ideas for me to support my well-being (*ask my partner/support to care for the baby while I do a physical activity I enjoy, walking, yoga or take my baby out on a walk in a stroller/carrier, etc*):

Sleep and rest – Give yourself permission to sleep or rest when you can. These are some ideas for me to support my well-being (*I will try to lie down when my baby is napping, ask for help so I can rest such as asking my partner/support to do the bedtime routine after I feed the baby or take the morning shift with the baby so I can get 1-2 hours of sleep before they go to work, or ask a family member to come for an hour in the afternoon so I can take a nap, etc*):

Time for yourself – Take time for yourself to do something you enjoy. Even a few minutes a day may help. These are some ideas for me to support my well-being (*activities I find enjoyable and relaxing, hobbies, having a bath, reading a book, connection with others, have my partner/support stay with the baby for 1-2 hours during the weekend so I can do an activity that I enjoy, etc*):

Support – Ask for help; all new parents need support from others. Who can I reach out to for support like childcare or preparing meals? Who can give me emotional support? These are parent groups in my community. These are people and places I can reach out to for support:

What is one thing you can try this week for your well-being?

Resources and supports

Pacific Post Partum Support Society

Call for support (604) 255-7999 (Monday – Friday 10 a.m. – 3 p.m. PST)

Text for support (604) 255-7999 (Monday – Friday 10:30 a.m. – 2:30 p.m. PST)

Toll free (855) 255-7999

If you are in crisis, please call the BC Mental Health Line at 310-6789, go to your local emergency department, or call 911.

<https://postpartum.org>

PHONE SUPPORT

Mental Health Support/Crisis Line at 310-6789 (no area code required)

Suicide Line at 1-800-784-2433

Suicide Crisis Line at 9-8-8 (call or text) – Suicide Crisis Helpline is available to support anyone in need, no matter who you are or where you are in Canada. A safe space to talk, 24 hours a day, every day of the year. <https://988.ca>

HealthLink BC at 8-1-1 (available 24/7)

Canadian Mental Health Association: Bounce Back at 1-866-639-0522

24/7 Métis Crisis Line at 1-833-Metis-BC (1-833-638-4722)

Hope for Wellness Help Line at 1-855-242-3310

Indian Residential School Crisis Line at 1-866-925-4419

Kuu-Us Crisis Line Society Adults/Elders Line at 250-723-4050; youth line 250-723-2040
or call toll free 1-800-588-8717

Your local Public Health Office or Health Centre _____

WEBSITES

BC Mental Health and Substance Use Services: www.bcmhsus.ca

Here to Help: www.heretohelp.bc.ca

Anxiety Canada: www.anxietycanada.com/articles/new-moms

BC Ministry of Mental Health and Addictions: Wellbeing www.wellbeing.gov.bc.ca

Mood Disorders Association BC: <https://mdabc.net>

FNHA Mental Health and Wellness Supports www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports

Métis Nation BC Mental Health Resources www.mnbc.ca/work-programs/ministries/mental-health-harm-reduction

ONLINE SELF HELP GUIDES

Coping with Depression and Anxiety during Pregnancy and following the Birth –

BC Reproductive Mental Health Program:

www.bcwomens.ca/our-services/specialized-services/reproductive-mental-health#Resources

Celebrating the Circle of Life Coming Back to Balance and Harmony:

A guide to emotional health in pregnancy & early motherhood for Aboriginal women & their families:

www.perinatalservicesbc.ca/Documents/Resources/Aboriginal/CircleOfLife/CircleOfLife.pdf

Postpartum Depression and Anxiety: A Self-Help Guide for Mothers:

<https://postpartum.org/publications-resources>