

The postpartum period can be challenging for many new moms. You face the stresses of lack of sleep, caring for a newborn, and have pain following delivery all of which may increase the risk of relapse. Planning for ways to cope with these things may help.

What are your triggers for relapse?

Who can you call for support?

What are your ideas for dealing with times you experience your triggers or feel challenged as a new mom?

Here are some ideas that may help:



- Continue medication assisted treatment (MAT) and counseling
- Accept or ask for help to take a break or have a nap
- Use things that help to manage pain including sleep or rest, light exercise, massage, acupuncture, support groups, mindfulness and meditation