

POSTPARTUM EMOTIONAL RECOVERY CHART

Week Commencing:

Support Contact:

| SYMPTOM / FEELING | FREQUENCY (0-5) | CONTEXT / TRIGGERS |
|--------------------------|----------------------------|---------------------------|
|--------------------------|----------------------------|---------------------------|

Mood Swings / Irritability

Anxiety / Intrusive
Thoughts

Feelings of Overwhelm

Sleep Quality
(Independent of baby)

Appetite Changes

Bonding / Connection

Physical Fatigue Level

Weekly Summary & Personal Reflections:

Note: This chart is for personal tracking and reflection. If you feel at risk or overwhelmed, please contact your healthcare provider immediately.