



5 TIPS TO BEAT POSTNATAL DEPLETION

with Naturopath Suzie Weber



REST | MOVE | SUPPORT



REST

We often hear as mothers to sleep when the baby sleeps, however this isn't always possible. **Rest doesn't always look like sleep**, consider what type of rest are you really needing?

- **Physical Rest:** Laying down, allowing your muscles to relax.
- **Sensory Rest:** Reducing the overload that comes with being under constant stimulation. Turning off, or down bright lights, switching off screens, avoiding noise where possible.
- **Mental Rest** - Allowing your mind to switch off, or to wonder freely - meditation, breath work, mindful colouring, craft.

MOVEMENT

Movement is not only important for maintaining strength and fitness, it also helps us mentally by shifting emotional energy such as anxiety, overwhelm, anger, through the body. **Energy levels and mental state will differ day to day.** Check in with your body before committing to any form of movement, to select the most supportive option for yourself.

For example if you choose strength training, consider whether you have the energy for 20mins or 60mins? **Are you feeling tired and flat**, would a walk in the fresh air or a gentle stretch be more supportive? **You'll be more consistent long term** with exercise, and less chance of burning yourself out.



SUPPORT

Over time, we have lost our village of support. **We need to recreate this village in our modern world**, which means asking for help and considering *what type of support* you actually needing, to help build the best type of care for your family.

Can you organise with a friend or a babysitter, a time they could look after your kids for an hour if you need to rest, have a shower or some time to yourself? Are you feeling the weight of household chores, is a cleaner once a fortnight an option to help lighten the load? Are you struggling to cook dinners or eat regular meals? There are a great range of online businesses to choose from that deliver ready made meals to your door!



NOURISHMENT

It's far too common it is for mothers in particular, to skip meals and hydration due to the demands of little ones, or they're too tired to cook. **Here are 3 simple meals you can prepare when you're short on time or energy:**

- **Eggs:** 3 eggs either scrambled, boiled or in an omelette (with veg), served with avo on sourdough and a side of sauerkraut.
- **Pulse Pasta** with pesto, baby spinach and zucchini topped with parmesan.
- **Rice cakes** topped with tinned tuna or salmon, avocado & feta. Bonus points for a rocket side salad!

HERBAL TEA

Herbal teas are a gentle but supportive addition to include in your daily routine. **Steep your tea for 10-15mins to maximise its therapeutic benefits**, and add 3 tea bags per cup (organic if possible). You don't have to include all the teas listed, even one herb alone will be supportive!

- **Anxiety and/or Sleep Support:** Chamomile, Lavender, Lemon Balm (avoid in hypothyroid conditions), Passionflower.
- **Energy:** Green tea, Siberian ginseng, small amount of Licorice root (avoid with high blood pressure).
- **Adrenal & Stress Support:** Withania, Siberian Ginseng, Oat straw, Licorice Root (avoid with high blood pressure).



WHEN TO SEEK HELP?

The best time for a general check up with your Naturopath is 6-12wks after having a baby to organise appropriate blood tests and review for deficiencies/imbalance early on. Of course anytime you're not feeling right, it's ideal to book in for support before things snowball into something bigger. Otherwise I'd also suggest another check up around 10-12mths no matter if it's your first or third baby.

Signs of Postnatal Depletion: Anxiety, overwhelm, poor immunity, exhaustion, trouble sleeping - even when tired, hyper-vigilance, poor memory and concentration, tired upon waking after a decent sleep, mood swings, low libido.

PROTEIN RICH SNACK RECIPES



Zesty Bliss Ball 'Slice'

Ingredients

- 2 1/4 cups almond meal
- 1.5 cups desiccated coconut,
- Zest of 2 large, or 3 small lemons (you could also use lime or orange)
- Juice of 1 lemon
- 5 tbsp melted coconut oil
- 2 tsp pure vanilla extract
- 4 tbsp maple syrup
- 1/2 tsp salt
- Extra desiccated coconut for dusting on top



Directions

Add all ingredients to food processor, blend until combined. Line a baking tin with paper and press mixture into tray. Sprinkle with extra desiccated coconut over the top and place in the fridge or freezer to set.

Slice into your desired serving size and store in the fridge (or freezer for later consumption).

Black Bean Brownie

Ingredients

- 1 x 425g can black beans, rinsed and drained
- 2 eggs
- 4 Tbsp coconut oil
- 3/4 cup raw cacao powder
- 1/2 tsp sea salt
- 1 tsp pure vanilla extract
- 1/2 cup maple syrup
- 1.5 tsp baking powder
- *Optional flavour enhancers:* 1 tbsp orange zest, 1/4 tsp. cinnamon, 2 tbsp fresh mint leaves finely chopped.



Directions

Preheat oven to 180 degrees. Line a baking tin with baking paper. Add all ingredients to food processor, pulse for 3mins or until smooth. If the mixture is too thick, add 1-2 tbsp water and pulse again.

Bake for 20mins, or until the top is dry and the edges start to pull away from sides. Store in an airtight container or refrigerate to keep longer.

Pea, Mint & Feta Hommmus

Ingredients

- 1/2 cup frozen peas (soak in boiling water for 5mins)
- 1/2 cup feta cheese
- 1 tin chickpeas (rinsed & drained)
- Zest & juice from 1 lemon
- 1/2 cup olive oil
- 2 tbsp fresh mint leaves
- Salt & pepper to taste.



Directions

Combine all ingredients in a food processor, blend until smooth. Store in airtight container and refrigerate up to 4 days.



Suzie is a Mother of 3, and has firsthand experienced Postnatal Depletion, and the constant juggle that comes with Motherhood.

Drawing from her own journey and education, Suzie emphasises the importance of addressing the unique needs of each mother through holistic care and support.

She is dedicated to helping mothers develop a deeper connection with their bodies, understand and meet their needs, regain their energy, and find joy in motherhood. Through her guidance, mothers can achieve a balanced and fulfilling life, nurturing both themselves and their families.

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