



Maternal Mental Health: At Home Anxiety Exercises

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Some level of worry is expected after welcoming a new baby to your family. However, 1 in 7 mothers experience diagnosable anxiety or depression during pregnancy or postpartum, and as many as 1 in 10 fathers experience depression or anxiety after the birth of a child. These struggles can be seen in both new and seasoned parents.

This mini-webinar series will provide you, or a loved one, with simple, at-home exercises to help calm your mind and break the anxiety cycle that can occur during the perinatal time period.

To access the videos in this mini-series please [CLICK HERE](#).

Video 1: Progressive Muscle Relaxation

- Break the anxiety cycle, ground in the present, and release tension

Video 2: Countdown to Calm

- Relax the nervous system, prevent spiraling thoughts, calm the "fight or flight" feeling

If you or a loved one is experiencing anxiety that is interfering with your daily life, please seek help from a mental health professional.

*Immediately call or text, **988**, if you or someone you love is in need of emergency mental health crisis support. This crisis hotline offers confidential support to those in suicidal crisis or mental health distress.*

This webinar series will be available 24/7/365 to ALL employees, spouses, and dependents 18+.