

Restore Activity Series

Ask For Help



**Breaking Through and
Getting the Help You Need**

It's Hard but So Important



I'll keep this one short and sweet because it's pretty self-explanatory. The postpartum months are hard, but they are even harder if you do it all alone. Asking for and accepting help can be difficult to do, but it can make a huge difference in your mood and your outlook. Use the space below to think of things that you need help with and the people that can help you. Then, ask them! You might be surprised at how much people want to help you in this time.
