

Restore Activity Series

# Communicate Your Needs



**Communication Is Critical  
to Supporting One Another**

# Quick to Love, Slow to Anger



This one is for both mom and dad. Struggling with postpartum depression and anxiety can be crippling and not just for mom. Many dads find themselves trying to maintain some semblance of normalcy for the family as mom works through her difficult times. That's why it is so important that both parties maintain open lines of communication with one another.

Attempting to sustain a healthy relationship during this time can be very trying. Both mom and dad need to ensure that they communicate their thoughts, feelings, and needs so that the other is aware. If one party doesn't know what the other is experiencing, it can lead to anger, frustration, and even resentment. Before you get to that point, make it a point to communicate with your significant other so that they know how you're feeling and decide if they can help.

# Don't Forget Gratitude

Acknowledge the little things. When your significant other does something to help you out, tell them how much you appreciate it. Write it down as part of your gratitude practice. Consistently acknowledging their efforts lets them know that you see them. It can also contribute to your gratitude practice and slowly begin to shift your perspective. Use the space below and the following page (both of you, not just mom!) to keep track of your thoughts, feelings, needs, and the things that you acknowledge with your significant other.

## Thoughts & Feelings

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# Gratitude Practice

A series of 18 horizontal lines for writing, intended for a gratitude practice.

