

# Bonnie M Griffin

## HEALING POSTPARTUM REDO

So often in our society and culture we are left feeling under supported, like we missed out, or we find that we physically aren't healed when we look back at our postpartum experience. Sometimes we even could of experienced trauma during our postpartum experience. Implementing a healing postpartum redo can be so helpful when you find yourself stuck physically or emotionally in parenthood as a result of your postpartum experience. How do you know if you need a Healing Postpartum Redo? Take a look at the following journal prompts that could help you determine if you still have some experiences that need attention.

1. What is your first memory when you think of your postpartum period or periods?
2. What do you think that memory says about your experience?
3. How have you felt physically and emotionally since giving birth?
4. Some women say they haven't felt healthy since the birth of their baby. Does this resonate with you?
5. Do you think you would benefit from giving yourself some extra attention & care for a short while?

A Healing Postpartum Redo is exactly what it sounds like, a chance for you to redo your postpartum. Take some time to slow down your life and make it a priority to focus on healing your body, processing any emotions or trauma that is hanging around from your birth(s) and/or postpartum experience(s), and bond with your baby (or child). Maybe you do all of this, or maybe you focus on the aspects that you specifically need healing in. For example, I did this by prioritizing postpartum nutrition, sleep, and processing negative emotions I hadn't dealt with yet. Seek the support you need, the support your probably didn't have before. This may be a postpartum doula, postpartum bliss coach, mental health therapist who specialized in postpartum, or call on your family and friends. If this resonates with you and would like some more guidance or a referral please contact me.



With love,  
Bonnie

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