

POSTPARTUM



**YOU SURVIVED THE FIGHT. NOW COMES THE
RECKONING.**

DR. ALLISON PAOLINI, PH.D., NCC

A NOTE FROM DR. PAOLINI

POSTPARTUM

YOU DID SOMETHING MOST WOMEN DO NOT

YOU STOPPED LONG ENOUGH TO NAME WHAT IS HAPPENING. THAT MATTERS. POSTPARTUM RECOVERY IS NOT A RETURN TO WHO YOU WERE BEFORE. IT IS THE WORK OF FINDING YOURSELF INSIDE A BODY, IDENTITY, AND LIFE THAT CHANGED. THIS GUIDE GIVES YOU A CLEAR CLINICAL MAP FOR WHERE YOU ARE NOW AND WHAT TO DO NEXT. NO FLUFF. NO UPSELLS. JUST CLINICAL TRUTH, MAPPED TO YOU.

WITH CARE

DR. ALLISON PAOLINI, PH.D., NCC

WHAT YOUR SCORE MEANS

POSTPARTUM

THREE STAGES · ONE CLINICAL MAP

YOUR SCORE IS NOT A DIAGNOSIS. IT IS A STARTING POINT THAT HELPS YOU NAME THE KIND OF SUPPORT YOU NEED RIGHT NOW.

SCORE 1–3 · THE FOG

YOU ARE FUNCTIONING, BUT YOU DO NOT FEEL FULLY PRESENT. YOU MAY FEEL DISCONNECTED, FLAT, OR UNSURE WHERE YOU WENT. BEGIN WITH REST, NERVOUS-SYSTEM SUPPORT, AND ONE SMALL DAILY ACT THAT BELONGS ONLY TO YOU.

SCORE 4–5 · THE LOST STAGE

YOU FEEL FAR FROM YOURSELF. YOUR NEEDS MAY HAVE DISAPPEARED BENEATH CAREGIVING, SURVIVAL, AND CONSTANT RESPONSIBILITY. YOU NEED PROTECTED SUPPORT, HONEST CONVERSATION, AND A PLAN THAT RESTORES IDENTITY—NOT JUST PRODUCTIVITY.

SCORE 6–7 · GROUND ZERO

YOU MAY FEEL DEPLETED, OVERWHELMED, OR UNABLE TO RECOGNIZE YOURSELF. DO NOT CARRY THIS ALONE. CONTACT A LICENSED MENTAL-HEALTH PROFESSIONAL OR MEDICAL PROVIDER AND TELL ONE TRUSTED PERSON EXACTLY HOW HARD THIS HAS BECOME.

WHAT TO DO THIS WEEK

POSTPARTUM

FIVE THINGS · DOABLE EVEN ON HARD DAYS

CHOOSE ONE. YOU DO NOT NEED TO COMPLETE ALL FIVE TODAY.

01 · NAME WHAT IS TRUE

WRITE ONE HONEST SENTENCE ABOUT HOW YOU FEEL. YOU DO NOT NEED TO MAKE IT SOUND GRATEFUL, POLISHED, OR ACCEPTABLE.

02 · RETURN TO YOUR BODY

PUT BOTH FEET ON THE FLOOR. DROP YOUR SHOULDERS. TAKE FIVE SLOW BREATHS. NOTICE WHAT YOUR BODY NEEDS BEFORE ASKING IT TO DO MORE.

03 · CLAIM TEN MINUTES

PROTECT TEN MINUTES THAT ARE NOT FOR WORK, CHORES, FEEDING, SCHEDULING, OR FIXING. USE THEM FOR SOMETHING THAT REMINDS YOU THAT YOU ARE STILL HERE.

04 · ASK FOR ONE SPECIFIC THING

REPLACE “I NEED HELP” WITH ONE CONCRETE REQUEST: HOLD THE BABY, BRING DINNER, HANDLE BEDTIME, SIT WITH ME, OR MAKE THE APPOINTMENT.

05 · BUILD YOUR SUPPORT LINE

WRITE DOWN THE NAMES OF ONE PERSONAL SUPPORT, ONE CLINICAL SUPPORT, AND ONE EMERGENCY SUPPORT. KEEP THE LIST WHERE YOU CAN REACH IT.

YOUR NEXT STEP

FIVE MINUTES. POSTURE BACK. IDENTITY BACK. YOU DO NOT NEED TO BOUNCE BACK. YOU NEED A STARTING POINT—A WAY TO RECONNECT TO THE WOMAN UNDERNEATH THE EXHAUSTION.