

GOLDEN MONTHS RESOURCE

Self-Care Planner

A practical planner for claiming rest and support — plus honest check-ins and scripts for asking for help.

Why this planner exists

Recovery is not a luxury and neither is rest. This planner helps you claim small, repeatable windows for your own care — and to ask for them out loud. Fill it in with a pen. Change it whenever it stops fitting.

The five-minute baseline

On the hardest days, aim for these five. They are the floor, not the goal.

Baseline	How	Done
Drink a full glass of water	Keep one within arm's reach of where you feed	
Eat something with protein	Even standing up, even cold	
Step outside or open a window	Two minutes of daylight changes your day	
Take ten slow breaths	Longer out than in	
Tell one person how you actually are	Not 'fine' — the real answer	

Weekly plan

Name one thing per day that is only yours. Small counts. Write who is holding the baby.

Day	My hour	Done
Monday	What I need: _____ Who helps: _____	
Tuesday	What I need: _____ Who helps: _____	
Wednesday	What I need: _____ Who helps: _____	

Thursday	What I need: _____ Who helps: _____	
Friday	What I need: _____ Who helps: _____	
Saturday	What I need: _____ Who helps: _____	
Sunday	What I need: _____ Who helps: _____	

Rest, honestly

- Rank sleep above laundry, dishes, and thank-you notes. Every time.
- Trade nights with your partner where possible — one person on, one person truly off.
- A 20-minute lie-down with your eyes closed counts, even without sleep.
- If you cannot sleep when you have the chance, that is worth mentioning to your care team.

Emotional check-in

Circle what's true this week. There are no wrong answers, and no one is grading you.

This week	Circle one	Done
I feel like myself	never / sometimes / often	
I can enjoy things I used to enjoy	never / sometimes / often	
I feel anxious or on edge	never / sometimes / often	
I feel supported by someone	never / sometimes / often	
I have intrusive or frightening thoughts	never / sometimes / often	

Call your provider right away — or 911 for emergencies — if you notice:

- Sadness, numbness, or anxiety lasting more than two weeks
- Feeling unable to care for yourself or your baby
- Frightening thoughts that keep returning
- Any thought of harming yourself or your baby — call 988 (Suicide & Crisis Lifeline) or 911

Asking for help — scripts you can borrow

- “Could you take the baby from 2 to 4 so I can sleep? Not hold — take, in another room.”
- “We’re not ready for visitors. I’ll reach out when we are.”
- “If you want to help: dinner Thursday, or a load of laundry. Either is perfect.”
- “I’m not okay and I need you to help me make an appointment.”

My support list

Who	Contact	Done
Clinician / OB / midwife	_____	
Golden Months care team	_____	
Person I can call at 2am	_____	
Person who brings food	_____	
Crisis line	988 — Suicide & Crisis Lifeline (call or text)	

This guide is general education from Golden Months and does not replace care from your own clinician. Your Golden Months care team can personalize any of it for you. If something feels wrong, call your provider — trust yourself.

