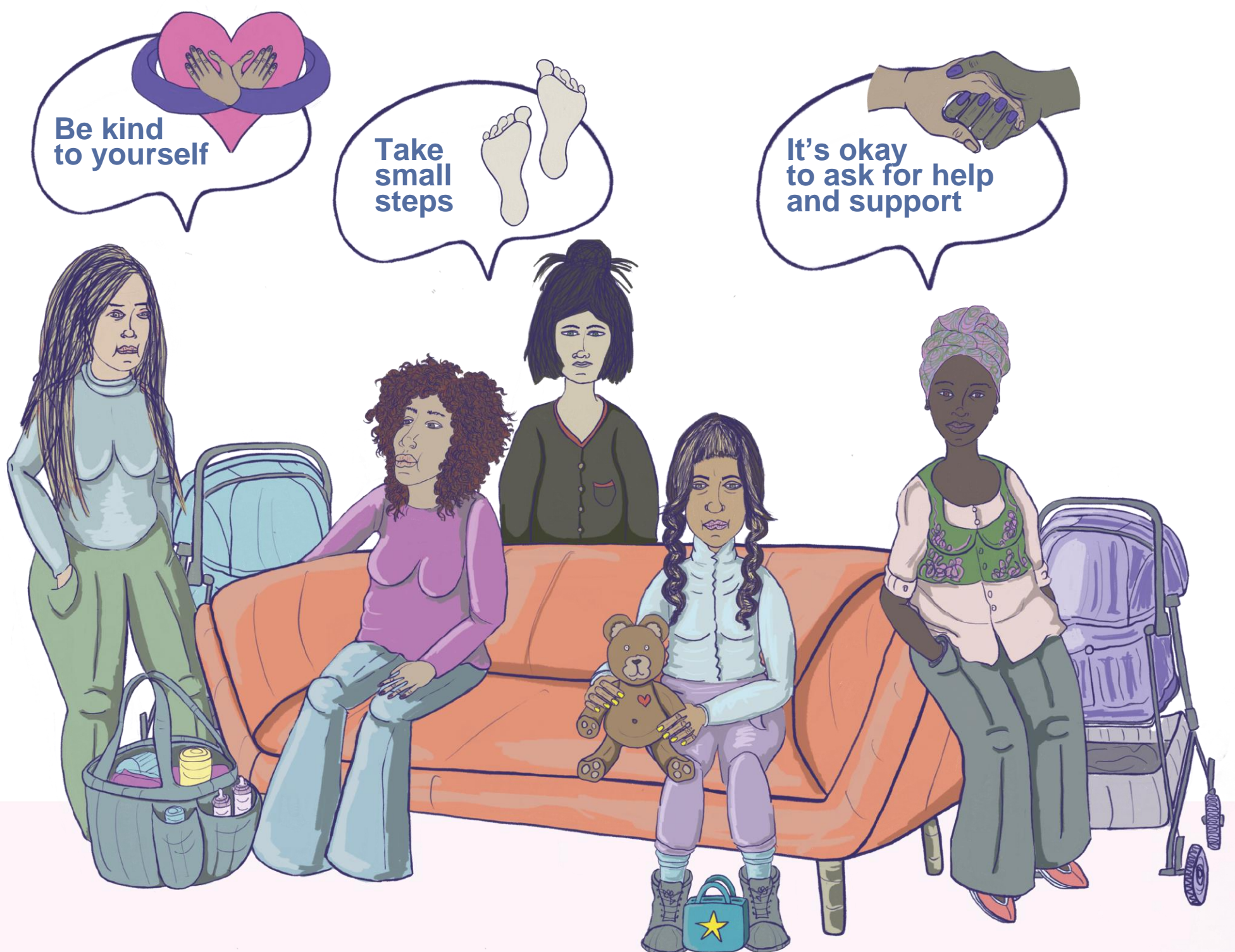


Be kind to yourself

Try to think of things you can do to make you feel less worried or upset. Talk to family, friends, or your GP.



It's important to look after yourself after you've had a baby