



cpfh
CENTER FOR POSTPARTUM
& FAMILY HEALTH

Specialty perinatal mental health — Houston, Texas

THE WELL WORKING MOM CHECKLIST

A daily check-in for mothers navigating work and the postpartum period

You are doing two of the hardest things at once. Check in with yourself before you check everything else off your list.

MORNING

☐ Have I given myself enough time to get ready — without rushing?
Chaotic mornings escalate your nervous system before the day even starts.

☐ Have I eaten something before I leave or start work?
Not coffee. Food.

☐ Have I set an intention for what “good enough” looks like today?
Not perfect. Good enough. Those are different things.

AT WORK

☐ Have I set at least one boundary today — at work or at home?
Said no, left on time, closed the laptop, protected your lunch break.

☐ Have I done one thing to reduce stress during the workday?
A five-minute walk. Breathing before a hard meeting. Closing your email for an hour.

☐ Have I been kind to myself in how I talk about my performance?
You are still recovering. You are not operating at full capacity, and that is expected.

☐ Have I allowed myself flexibility today instead of holding to an impossible standard?

MIND & EMOTIONS

☐ Have I noticed how I'm actually feeling today — not just how I'm functioning?
Functioning and feeling okay are not the same thing.

☐ Have I been honest with my support system about what I need?
At home and at work. The people around you cannot help if they do not know.

☐ Have I let others help me today instead of doing everything myself?

☐ Have I forgiven myself for one mistake or imperfection today?
You are figuring out something that has never been done in exactly this way before.

TONIGHT

☐ Have I given myself time to transition from work mode to home mode?

Even 10 minutes in the car before you walk in the door helps.

☐ Do I have a plan for adequate sleep tonight?

Chronic sleep deprivation is the single biggest risk factor for postpartum depression in working mothers.

IF YOU ANSWERED “NO” TO MOST OF THESE...

That is not weakness. That is a signal. You are carrying more than most people see — and you deserve real support for it.

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