



# Overcoming Postnatal Depression

## A self-help workbook

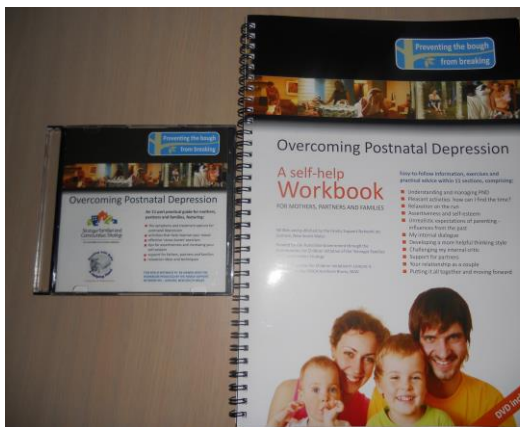
### Overcoming Postnatal Depression Workbook & accompanying DVD.

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An 11-part practical guide for mothers, partners and families, featuring easy-to-follow information, exercises and helpful advice.

- Understanding and managing PND
- Finding time for pleasant activities
- Relaxation on the run
- Assertiveness and self-esteem
- Unrealistic expectations of parenting - influences from the past
- My internal dialogue
- Develop a more helpful thinking style
- Challenging my internal critic
- Support for partners
- Your relationship as a couple
- Putting it all together and moving forward



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Family Support Network Inc - Lismore



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