

BounceBack for New Parents

Welcome to Parenthood! Now that you have a new baby on board, you're in for many rewarding moments. Nevertheless, along with all the happiness that comes with welcoming a newborn, there are also periods of adjustment, which can be accompanied by moments of sadness, tiredness, low energy and anxiety. When it all becomes too much, know that the BounceBack program can help!

BounceBack can help new parents who are struggling with mild-to-moderate depression or anxiety learn important skills to improve their mental health. Working together with a BounceBack coach, they'll help design a program that's tailored to your unique needs. Your coach is there to help guide and motivate you as you work through a series of workbooks, from the comfort of your home, at a time that fits your busy schedule.

The program has helped countless individuals, like Sarah, who are trying to balance the additional responsibilities of parenthood, while trying to take care of themselves and bond with baby. (For Sarah's story, see reverse page).



There are two ways to access the program:

1 BounceBack Today online videos:

The videos offer practical tips on managing mood, sleeping better, increasing activity, problem solving, and more. They can be watched online at any time at: bouncebackvideo.ca (using access code: bbtodaynb). The videos are available in English, French, Arabic, Farsi, Mandarin, Cantonese, and Punjabi.

2 BounceBack telephone coaching and workbooks:

Participation in the program is by referral through a primary care provider (family doctor, nurse practitioner) or psychiatrist. You can also self-refer, but will need to provide your primary care provider's contact information, so that we can contact them on your behalf.

Once a referral is submitted, you will be contacted within five business days to schedule a telephone assessment. If eligible for the program, you will receive three to six telephone coaching sessions, which will occur every two to three weeks. During these sessions, your coach will help support you as you work through a series of workbooks. Topics include: *Understanding worry and stress*; *Helpful things you can do*; and *Practical problem solving*. One booklet in particular, *Enjoy your baby*, is extremely helpful in supporting new parents who may be dealing with postpartum sadness, worries or mild depression.

Meet Sarah.

Sarah's story:

Sarah is a 30-year-old first-time mom. Sarah is struggling with balancing her new role as a mother with her ongoing role as a support for her extended family, in addition to managing her own business. She has difficulty saying no to family members when it comes to tasks she used to do but no longer has the time or energy for. Sarah also worries about not having time to socialize with her friends.

Why she seeks support from the BounceBack program:

Sarah is feeling guilty, tired and overworked. She doesn't know how to balance her role as a parent with her other responsibilities and relationships.

How the BounceBack program helps Sarah:

Through support from her coach, Sarah learns how to organize her time, care for her newborn, and set boundaries with the people around her so that she still has time for self-care activities and hobbies.

- 1 She learns to be more assertive and to set boundaries with others so that she has time to do the activities she enjoys.** She learns to differentiate between what is her responsibility and what is not. She learns that she's not responsible for pleasing others all the time or reliant on their approval.
- 2 She learns how to reincorporate hobbies and social connections back into her routine.** She learns to find balance between achievement goals (e.g., working, taking care of her child and tasks around the house) with other types of goals she values (e.g., baking, connecting with friends).
- 3 She learns how to manage running her business by breaking down larger problems into smaller and more manageable daily tasks.** She learns how to set short-term, medium-term and long-term goals for her business so that she has a clear understanding about what she is working towards and how to get there.

For more information on the BounceBack program, please visit: cmhanb.ca/bounceback