Postpartum Wellness Summary Sheet

A quick snapshot of your recovery after birth

Your Recovery Overview

Postpartum healing involves several interconnected systems adjusting after pregnancy, delivery, and the early demands of feeding and caring for your baby. Your responses help identify where your body is adapting well and where additional support may help you feel more stable and energized.

Physical Recovery

- Healing tissues—including pelvic floor, abdominal wall, and any incisions—are rebuilding strength and integrity.
- Tenderness, pressure, or slower healing can reflect increased nutrient needs, sleep disruption, or hydration gaps.
- Early support can improve comfort, mobility, and long-term core and pelvic floor function.

Hair, Skin & Tissue Changes

- Hair shedding, thinning, stretch marks, dry skin, or slow wound healing are common as hormones shift and nutrient demands rise.
- These changes often reflect the body's prioritization of recovery, milk production, and hormonal recalibration.

Sleep & Fatigue

- Fragmented sleep is expected, but extreme fatigue, trouble falling back asleep, or feeling "wired and tired" may signal stress-hormone activation or blood sugar swings.
- Stabilizing sleep patterns—even in small ways—can improve mood, energy, and tissue repair.

Nutrition & Hydration

- Protein, minerals, and fluids are essential for healing, energy, and milk production.
- Skipped meals, low hydration, or strong cravings can influence mood, supply, digestion, and metabolic balance.
- Consistent intake supports recovery across every system.

Focus & Mental Clarity

- Brain fog, forgetfulness, or difficulty prioritizing may relate to sleep debt, nutrient depletion, or pre-existing attention patterns amplified by postpartum demands.
- Supporting metabolic stability and sleep often improves clarity.

Digestive Health

- Bloating, constipation, reflux, or irregular bowel patterns can be influenced by hormones, hydration, pelvic floor tension, or prior digestive history.
- Gentle, supportive strategies can improve comfort and nutrient absorption.

Metabolic Balance

- Energy crashes, shakiness, irritability when hungry, or strong cravings may reflect blood sugar instability or increased postpartum demands.
- Stabilizing meals and hydration can improve energy, mood, and milk supply.

Emotional Well-Being

- Mood shifts, irritability, overwhelm, or feeling disconnected are common postpartum experiences.
- These patterns often reflect a combination of sleep, support, physical recovery, and metabolic stability.
- Identifying these early helps guide supportive strategies.

Complete a Wellness Assessment, if you haven't already done so; to find areas that may need additional support.

How Your Responses Are Used

Your questionnaire highlights patterns that guide a personalized support plan focused on:

- Strengthening tissue repair and physical comfort
- Stabilizing energy, mood, and sleep
- Improving hydration and nutrient intake
- Supporting digestion and metabolic balance
- Enhancing cognitive clarity and daily functioning
- Prioritizing the 2–3 areas that matter most to you right now

This summary is not diagnostic. It simply helps you and your clinician understand your current postpartum experience so your care can be tailored to your needs.