

# SUNDAY MORNING

# Health Corner

## Mental Health & Reproductive Health

When it comes to health, it's essential to recognize that both mental health and reproductive health are deeply interconnected. Stress, anxiety, and depression are common, but often overlooked.

For many women, the emotional toll can be especially intense after pregnancy, with **postpartum depression affecting 1 in 8 women.**

Managing Stress and Mental Wellness:

- Acknowledge Your **Emotions**
- Practice **Mindfulness** and Relaxation
- Talk About Your **Feelings**
- Establish **Healthy** Routines
- Set **Boundaries**

If you are navigating challenges related to your reproductive health and emotional wellness, know that you are not alone.

Reaching out for support—**whether from a therapist, support group, or faith community**—can provide the strength and guidance you need.



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