

Pisekin semwenin non mokur nupwen popo me pwan murin uputiw



Utah Department of
Health & Human
Services

S

Sleep (Mour): Atotongeni ren ruwanu tori onu awan moun non ew tetenino, esapw kis seni wunungat pwin ew wik. Eis ren emon chon non eom family ika chienom ren an epwe ngeni ewe aewin amongon ewe pwin pwe kopwe kan angei nafen asoso.

U

Understand (Weweiti): Counselin fiti emon chon angang mi kaeo semwenin non mekuren chon nounou a kan pinei me pwan safeani osupwangen semwenin non mekur kena. Kaeo chomong seni eom kori Anisi Ai Marita non 801-691-5322, ika seni eom churi [MaternalMentalHealth.utah.gov](https://www.MaternalMentalHealth.utah.gov) ren eom kopwe kuut aninis.

N

Nutrition: Angei ew vitamin me mwan eom nounou seni non ewier murin nounou. Apetici caffeine mesuke nupwen katongeni. Apachanong protein me pwan kirisese founo non meinisin snack me pwan mongo. Wuunumi ruwow watten pitcherin konik iteiten ran.

S

Support (Aninis): Ereni emon chienom ika chon eom family ka nuku usun met ka mefi kena, ika kuuta ew mwichen anini online ika non aramas. Kuut ren mwichen aninis kena non nenieom won [MaternalMentalHealth.utah.gov](https://www.MaternalMentalHealth.utah.gov). Eis ren aninis fiti tumunun menukon - angei ew awa ew me ew ran ngeni chok pusin en a kan fakkun auchea.

H

Humor (Atakirikir): Awora fansoun ren atakirikir me pwan pwapwa ew me ew ran. Ew kachito mi atakirikir, fansoun fiti chienom kena, ika amwakirikiri noum kena semiritepwene unusen aechochunano mefieom. Ika pwe takir a kan usun nge kose kan tongeni, iwe a iei fansoun eom kopwene kuut napenon aninis.

I

Information (Poraus): Angei ewe Edinburgh Postnatal Depression Scale iteiten maram ren ew ier murin nounou ren eom kopwe tapwei eom semwenin non mekur. Kori noumuwe chon awora ika pwe eom skor a kan 10 ika tekia seni, are ika en ka maakei each mettoch mi kono seni "never" won kapaseis 10 usun pusin afeiengawok.

N

Nurture (Tumunu): Tumunun ren pusin inisum seni non: nature, foforun nukunuk, koen me art, meditation, dates fiti chienom kena, me pwan ekkoch. Ateteni fansoun iteiten wik non noumuwe kalendar ren eom kopwe fori mettoch kena en ka apwapwai me nukun eom emon in.

E

Exercise (Taiso): Fetan 10-20 minich ew ran a kan tongeni anisi inisum, ekkiekum, me pwan apwaki non ngunum me pwan nom non pechakunen memefieom. En ka kan pwan tongenisatuni yoga ika euwuuna ika pwe noumuwe chon awora a ngonuk ewe mumutan eom kopwe fori.

Forata ew chiechifengen fiti ewe Utah Department of Health and Human Services me pwan Postpartum Support International Utah

Reneom kopwe kuuta ew mwichen anininanom non Utah, emon counselor/therapist, ika ekkena pwan ekkoch semwenin non mekur ren in murin nounou chon angang, churi: [MaternalMentalHealth.utah.gov](https://www.MaternalMentalHealth.utah.gov)