



Read the following statements and mark how often each is true for you. Options range from rarely to always.

Your answers will help you identify areas where you have strengths and those where you can improve to be ready for coping with all of life's ups and downs before and after your baby arrives.

<i>How true is this statement for you?</i>	Rarely if ever	Some-times	Most of the time	Always
1. I make sure to take care of myself so that I can best care for others.				
2. I keep my life balanced by having a variety of individual and social activities.				
3. When I'm down I cope in healthy ways (journaling, reading, TV, music, exercise), not unhealthy ways (alcohol or other drugs, binge eating, overspending).				
4. I keep stress from building up through activities that relax my mind and body (e.g. exercise, listening to music, playing a fun game).				
5. I maintain close friendships and satisfying relationships with others.				
6. I share personal thoughts and feelings with at least one trustworthy person regularly.				
7. When I'm down I find someone I can talk to about it.				
8. I ask for help from others when I need it.				
9. I know my strengths and shortcomings, and accept myself as I am.				
10. When I make a mistake, I don't dwell on it or get down on myself for it.				
11. I can't control everything, but I can control a lot in my own life.				
12. I recognize that after the baby comes I will not have time for everything I do now and I am realistic about cutting back on other activities and commitments.				

How did you do? The more you answered "always" or "most of the time", the better. But don't worry.... none of us are perfect – we all have areas where we can improve to get more out of life. Now is a great time to start as you prepare for this new stage in your life as a mother.