


one day at a time

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There will be  
good days  
and there will be  
bad days.

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The background of the image is a light cream color, decorated with numerous light blue, hand-painted brushstrokes of various sizes and orientations, scattered across the entire page. The central text is written in a black, cursive script. The text consists of two lines: "breathe in" on the top line and "breathe out" on the bottom line, both centered horizontally.

breathe in  
breathe out

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My body is  
healing,  
it's ok to rest

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I am the best  
mother  
for my child.

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I can trust my  
intuition

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I will ask  
for help  
when I need it



I am everything  
my baby needs

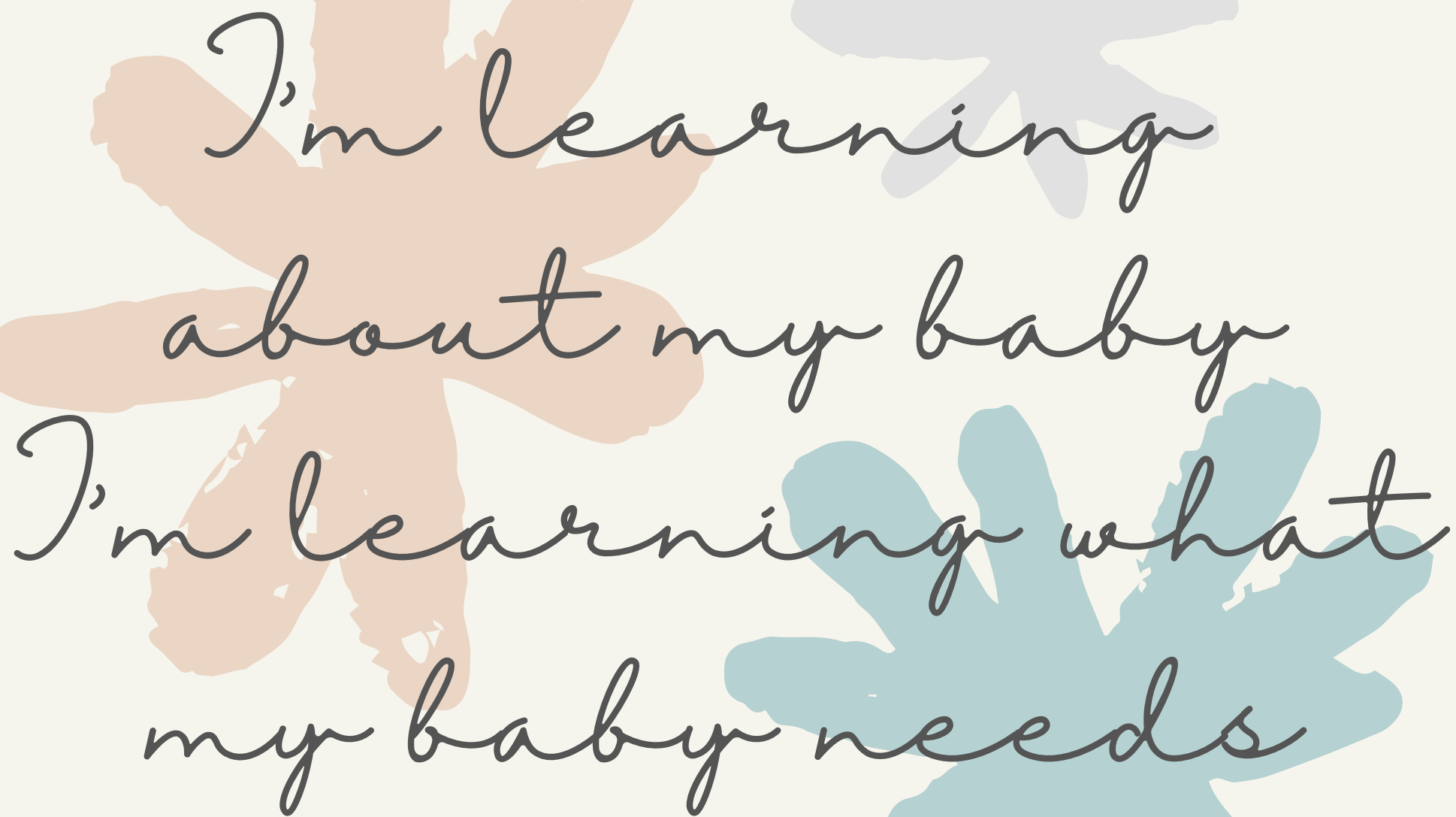
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just because  
I don't love  
every moment,  
doesn't mean  
I don't love  
my baby

I will feel better  
it will get easier

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I'm learning  
about my baby  
I'm learning what  
my baby needs

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*I'm not alone*

*@hamiltonpostpartum*