Home: Welcome

Welcome to the MumMoodBooster program!

You are about to begin the MumMoodBooster program designed for women who are experiencing postnatal depression. It is based on years of clinical experience and controlled research with hundreds of women with postnatal depression. The goal is to reduce moderate to severe symptoms of postnatal depression.

The program will give you tools that can help you identify both positive and challenging situations in order to take control of your feelings, mood and thinking. It aims to improve the quality and enjoyment you experience in your life. It gives you the chance to learn strategies that can reduce how often you feel depressed in the future, and you can learn how to shorten the time that your depression lasts.

It takes time

There are lots of good reasons to make spending time on this program one of your priorities. It can:

- Be practical for most women to use
- Help you manage your thoughts so that you will feel better
- Improve the quality of your life and relationships
- Help you make long-lasting improvements that become part of your normal routine

It's Your program

This program is divided into six sessions, each of which takes about a week to complete. The skills and strategies you learn build on each other. There are lists, plans, and forms that you can customize with your information – which is private so that nobody outside of you and the research team can see it.
Welcome to the MumMoodBooster program!

It takes time
There are lots of good reasons to make spending time on this program one of your priorities. It can:

- Be practical for most women to use
- Help you manage your thoughts so that you will feel better
- Improve the quality of your life and relationships
- Help you make long-lasting improvements that become part of your normal routine

It's Your program
This program is divided into six sessions, each of which takes about a week to complete. The skills and strategies you learn build on each other. There are lists, plans, and forms that you can customize with your information – which is private so that nobody
Mood Rating and Pleasant Activities

Over the past 10 days

Number of Pleasant Activities and Mood Rating per day

- The Past 30 Days
- Since Start of Program
- Close

Pie chart

This chart uses the "slices" of the pie to show all of the pleasant activities you have done. With Baby, With Partner, With Friends, etc.
Now type your pleasant activities in the list using the four major headings. You can also click the List button to the right side of each blank line to see ideas that can help get you started. You may find some headings easier than others. This is normal but we encourage you to choose from all headings if you possibly can.

My Pleasant Activities List

With Baby
1. Play with toy
2. Breast with baby
3. Take Baby and Me class
4. Sing to baby
5. Pickle baby

By Myself
1. Take a walk outside
2. Do yoga
3. Relax
4. Read
5. Go out for coffee

With Friends / Family
1. Go out for dinner/drink/eat/
2. Use Internet
3. Out to movie/play/concert
4. Get a manicure/pedicure
5. Have a picnic

More Fun Activities

Tutorial

Choosing pleasant activities
Your mood can get worse by spiraling downward or it can get better by spiraling upward.

**Downward Mood Spiral**
A downward spiral is when we do things that make us feel worse and worse. You learned how to catch yourself before you react automatically and end up falling into a downward mood spiral. The goal is to interrupt this pattern so you can choose how you want to react.

**Upward Mood Spiral**
Focusing more on positive thoughts and doing pleasant activities can help you stop a downward mood spiral and actually improve your chances to have an upward mood spiral. This can lead you to feel better about yourself, your baby, your partner, and the things around you.

- My Downward Mood Spiral
- Managing My Stress & Anxiety
- Increasing My Pleasant Activities
- Managing My Negative Thoughts
- Increasing My Positive Thoughts
- Strategies for Planning Ahead
- Personal Progress