

# *MomCare Program-Based Problem Management Plus (PM+)*



Group psychosocial support for expectant mothers in Kenya

## **FIVE STEP PM+ POSTERS**

*July 2022*

**STEP 1 - CHALLENGE (ADVERSITY) POSTER**

**1A- What is adversity/challenge?**

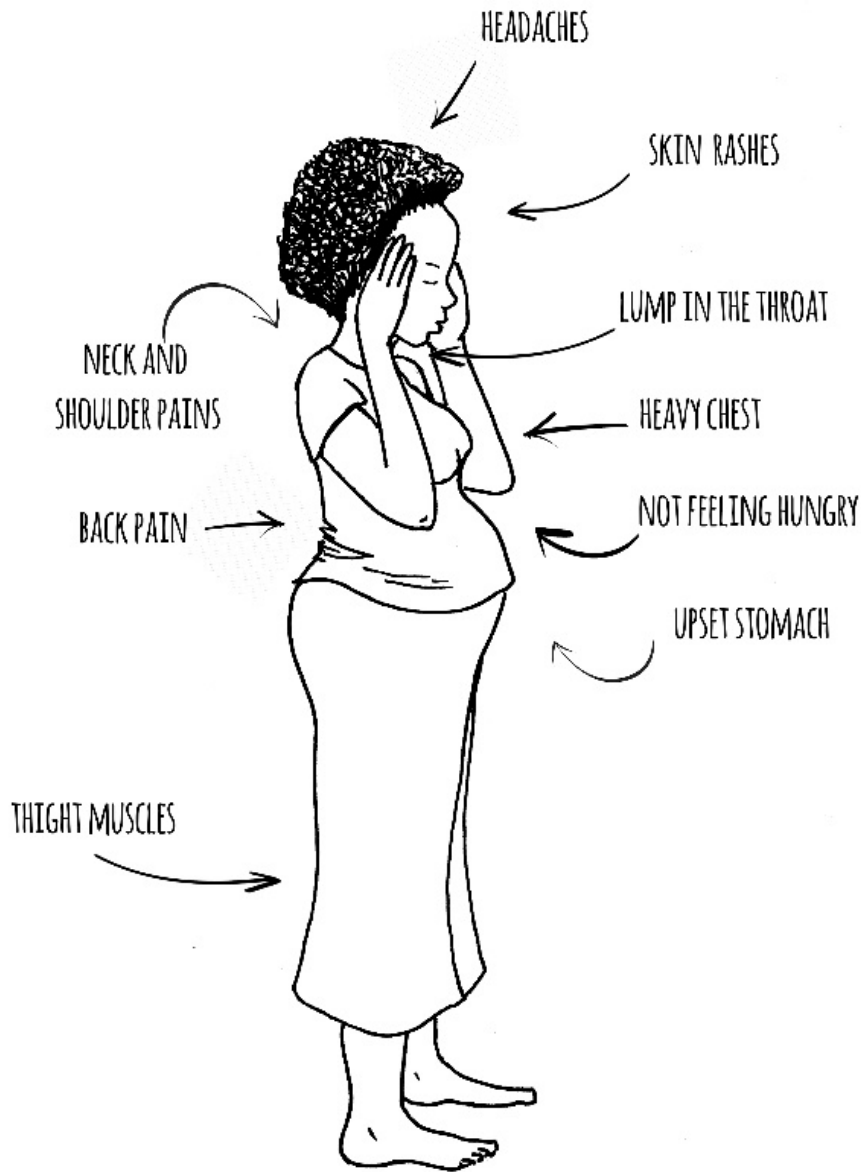
**ADVERSITY**



Mothers are at risk of these problems, let us all join hands to help in prevention and response

1B- What is stress

## WHAT IS STRESS



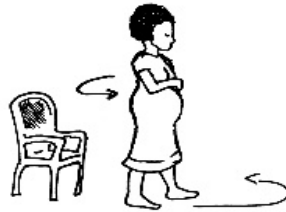
Mothers are at risk of these problems, let us all join hands to help in prevention and response

## 1C – Common reactions to stress

WHEN THEY ARE STRESSED, MANY PEOPLE.....



...CANNOT FOCUS



...ARE RESTLESS



...HAVE DIFFICULTY SLEEPING



...FEEL SAD OR GUILTY



...WORRY



...CRY A LOT



...FEEL VERY TIRED

... GET ANGRY EASILY WITH THE CHILDREN



OR WITH THEIR SPOUSE



... HAVE CHANGES IN APPETITE



EATING TOO LITTLE OR TOO MUCH

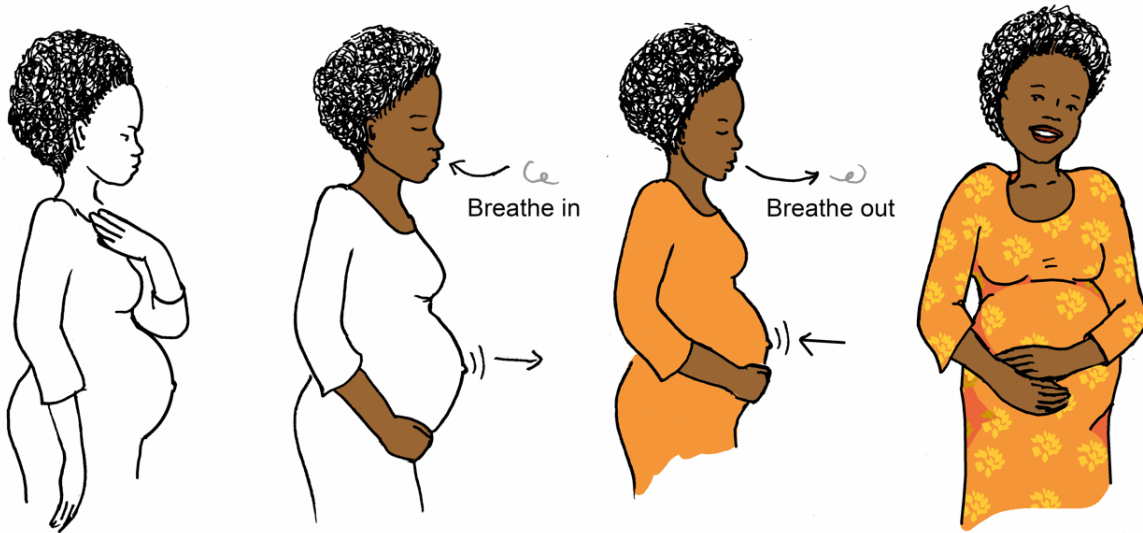
Mothers are at risk of these problems, let us all join hands to help  
in prevention and response

## STEP 2 – MANAGING STRESS POSTER

### 2. Breathing Exercise Poster

# Managing stress

Abdominal breathing exercise



Breathing exercise – One of the simplest ways in which mothers can address/handle/manage stress

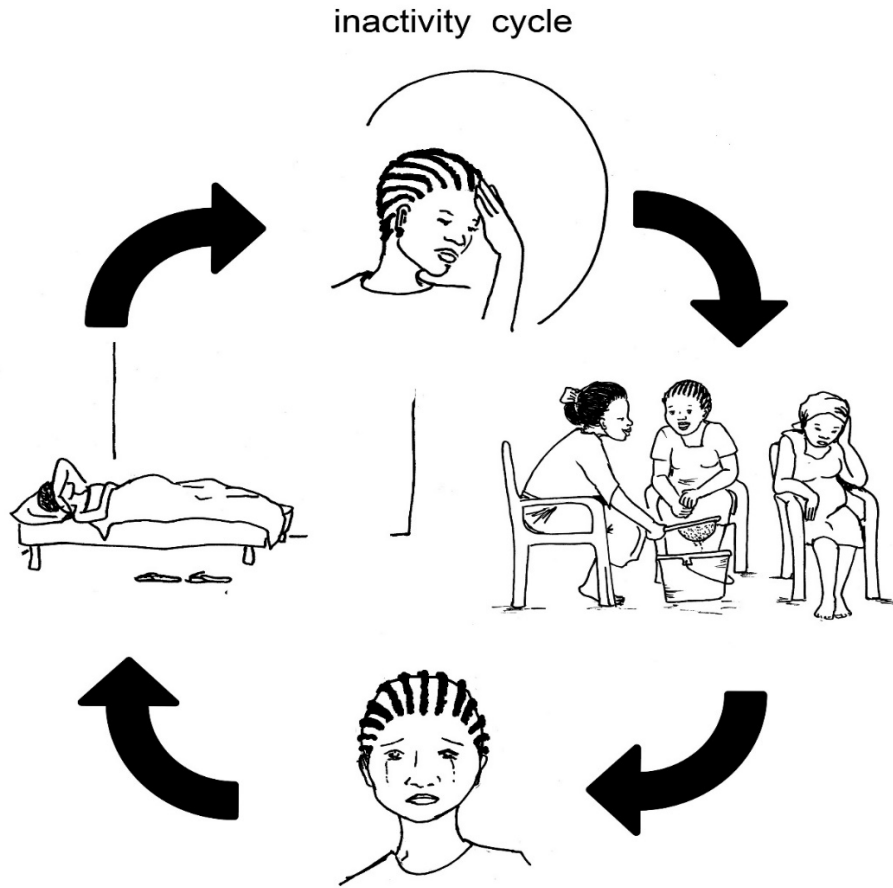
### STEP 3 - MANAGING PROBLEMS POSTER

#### 3 - Managing Problems - Illustrated Guide on What matters in times of managing problems



**STEP 4: GET GOING, KEEP DOING**

**4A - Inactivity Cycle**



Mothers need to avoid being alone, lonely, sad, much sleep and worries when faced with problems

4B- Get going keep doing

get going, keep doing



Instead, mothers should engage in useful discussions or daily chores with family members, friends, colleagues, health workers etc.



## STEP 5 – STRENGTHENING SOCIAL SUPPORT

### 5- Market scene – Strengthening social support



Mothers should get social support - talk to someone you trust when faced with problems