

Baby Blues and Postpartum Depression

SIGNS OF THE BABY BLUES

Symptoms last up to two weeks

Common in up to 80% of new mothers

Sadness - Moodiness - Teary or Crying Easily

“Let Down” Feeling - Tiredness/No Energy

Feeling Overwhelmed - No Confidence

Usually goes away after
time and rest

SIGNS OF POSTPARTUM DEPRESSION

Symptoms last longer than two weeks

- Constantly feeling restless
- Irritability that doesn't go away
- Feelings of sadness
- Frequent crying
- Persistent lack of energy
- Inability to sleep despite feeling tired
- Lack of concentration
- Eating too much or too little
- Weight loss or weight gain that is extreme
- Intrusive or scary thoughts
- Feelings or fears that you will harm the baby
- Constantly checking the baby for problems
- Guilt
- Feelings of inadequacy
- Excessive anger
- Lack of interest in your newborn
- Inability to make decisions
- Feeling trapped

What can I do to help myself?

- Find someone to talk to about your feelings.
- Get in touch with people who can help with child care, household chores, and errands.
- Find time to do something for yourself, even if it's only 15 minutes a day - reading, exercising, taking a bath or meditating.
- Keep a diary. This is a way to let out your thoughts and frustrations.
- You're not expected to be a “supermom.” Be honest about how much you can do and ask other people to help you when you need it.
- Find a support group in your area.
- Talk with your doctor about how you feel.

**If you have any thoughts
or feelings of harming
yourself or your baby,
please
get help
right
away.**

REMEMBER
You are not alone.
**If you have concerns,
talk to your doctor.**