

Your Postpartum Mood Matters

Whether you are a birth parent, partner, surrogate, or adoptive parent you may be affected by postpartum mood disorders! They are temporary, common, and treatable. It's OK to ask for help! A professional can help you recognize what is "normal" and what could be a sign of a postpartum mood disorder and create a support plan!

Your ability as a parent is NOT related to whether or not you struggle with your postpartum mood!

What Are The Signs?

Exhaustion



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

Baby Blues



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

PPMDs !

- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

ALONG WITH...

- Hopelessness
- apathy/inertia
- lack of joy
- racing thoughts
- panic attacks
- extreme crying
- Don't want to be alone with baby
- Visions or extreme fear of harm coming to baby
- Obsessive thoughts or actions

Set Yourself Up For Postpartum Mental Wellness

- Plan your postpartum! Plan to have extra support for day to day tasks so you can focus on your baby and recovery!
- Set realistic expectations of yourself and of your newborn You are both learning!
- Make a list of resources and professionals who can support you should you need extra support or are unsure of anything along the way!
- Know that you are not alone! It's ok to ask for help!

IMPORTANT!

Exhaustion and Baby Blues improve with time and as you get more sleep. As a rule of thumb, any PPMD symptoms lasting longer than 2 weeks should be mentioned to your trusted healthcare professional.

What should I Do?

If you are experiencing mood swings, irritability, sadness, are having trouble making decisions, changes in your appetite, "weepiness", are feeling like you can't cope, extreme fatigue, or an inability to sleep **that doesn't improve after 2 weeks**, please reach out to someone you trust for help as these can be symptoms of a postpartum mood disorder and require attention and care!