



POSTPARTUM DEPRESSION

CHECKLIST

You are not alone.

According to the American Psychological Association, as many as one in seven women experience postpartum depression. If you or someone you know is suffering from postpartum depression, know you are not alone and getting help is key.

Common Symptoms:

Signs/symptoms of postpartum depression can start anytime during pregnancy or the first year postpartum. They differ for everyone, and might include the following:





- Feeling sad, worthless, hopeless or guilty
- Worrying excessively
- Waning confidence in abilities as a mother
- Loss of interest in hobbies or things you once enjoyed
- Changes in appetite or not eating
- Loss of energy and motivation
- Trouble sleeping or wanting to sleep all the time
- Lack of interest in your baby or feeling anxious around your baby.
- Frequent, unexplained tears
- Feeling lonely, numb or empty

Uncommon Symptoms:





- Thoughts of escape
- Thoughts of self-harm
- Thoughts of harming others
- Inability to concentrate
- Disorganized thoughts
- Anger or rage
- Insomnia
- Overwhelming feeling of guilt
- Feeling "on edge"

Regardless of which symptoms manifest in you, untreated postpartum depression can affect your quality of life and inhibit your ability to bond with your baby, so if you notice these uncommon symptoms, reach out to your doctor or a mental health professional.

When in doubt, reach out!

-  Emergency/Crisis: Text HOME to 741741
-  24/7 Hotline: 1-833-852-6262
-  Call or text 1-800-944-4773 (4PPD)
-  <https://www.postpartum.net/get-help/>

Tips to help with PPD:

-  Talk about your feelings
-  Exercise
-  Relax, take a deep breath!
-  Set limits - you don't have to do it ALL!

How to support a mother facing PPD:

- Listen & acknowledge her feelings
- Avoid comparing her situation to another
- Reassure her
- Support her decisions
- Bring awareness to her strengths
- Make plans and follow through (bring dinner, schedule a play date)
- Initiate open-ended conversations often
- Commend her courage in speaking openly with you
- Establish yourself as a safe space for conversation
- Assure her you hold no judgment for her present feelings



For more resources and information regarding PPD & PPA visit:

<https://lkgollehon.wixsite.com/lynseygollehon>



POSTPARTUM ANXIETY

CHECKLIST

Approximately 6% of pregnant women and 10% of postpartum women develop anxiety. Sometimes they experience anxiety alone, and sometimes they experience it in addition to depression. Postpartum and antepartum anxiety are temporary and treatable with professional help. If you feel you may be suffering from one of these illnesses, know that it is not your fault and you are not to blame.



What you may feel:

- Increased heart rate
- Difficulty breathing
- Tight/heavy chest
- Inability to concentrate
- Decreased or loss of appetite
- Difficulty falling or staying asleep
- Dreadfulness
- Anger, agitation or rage

What you may think:







- Frequent racing thoughts
- Telling yourself you are inadequate
- Fear of the future
- Uninterested in certain things
- Assuming worst-case scenarios
- Fear of the unknown
- Obsessively worrying
- That you may lose/harm your baby

What you may do:







- Avoid situations/people/activities
- Come off as over-controlling
- Lash out over small things
- Act uninterested in certain things
- Seek constant reassurance
- Check things repeatedly
- Feel the need to be excessively careful
- Be hyper vigilant of danger

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Tips to help with PPA:

-  Talk about your feelings
-  Exercise and eat healthy
-  Practice breathwork or meditation
-  Baby snuggles! (Causes release of oxytocin in your brain!)

How to support a mother facing PPA:

- Offer practical support – ask what daily life chores need doing
- Listen to them – by just listening you are showing you are there for them
- Remind them that it's ok to go with the flow and settle into new parenthood.
- Reassure your friend that unfortunately babies don't come with a manual, instead they are the manual and have to learn and watch for cues.
- Make time to keep in touch – whether it be a text to check in, a phone-call
- Go with them to appointments
- Suggest activities that you used to do together
- Offer to spend casual time with them



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