



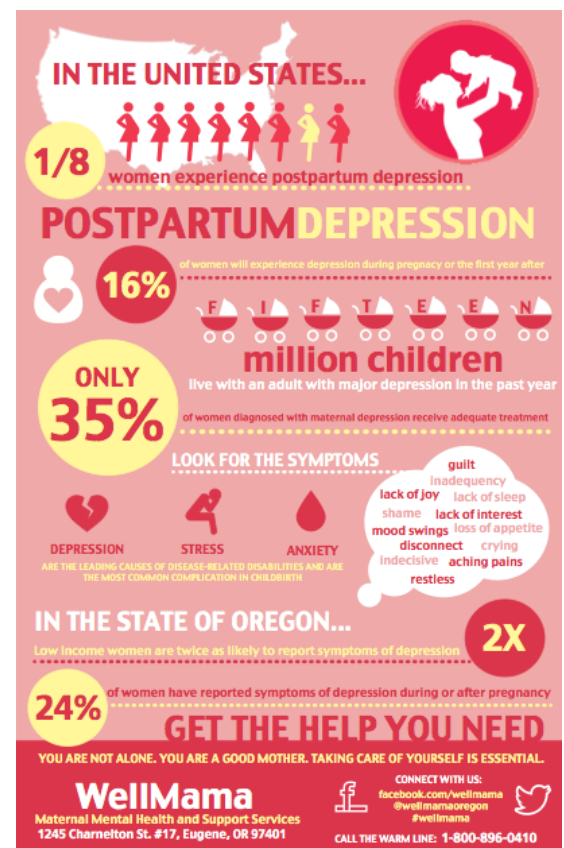
Birth can be a very exhilarating and overwhelming experience with lots of excitement, adjustments, new sensations and feelings that can bring out emotional vulnerability.

Many new moms experience some postpartum distress after birth, which may include some mood swings, anxiety, crying, insomnia or other signs of distress or depression.

Postpartum distress or depression (PPD) is not uncommon and doesn't have to last forever - sometimes it is just a complexity of birth that may need some attention from a professional care provider.

Postpartum depression has no filter or target - all women are susceptible to being affected, some more than others. Below is a list of risk factors that may help identify and or treat PPD quickly:

- history of depression pre-pregnancy or during
- history of mental illness
- previous PPD
- family history of depression or PPD
- compromised immune system
- relationship issues
- financial issues
- breastfeeding complications
- stressful life events



Some of the symptoms of Postpartum Depression are:

- lack of activity or interest in activities
- irritability
- hypersensitivity
- loss of appetite
- sad, hopeless, lost, confused
- angry, frustrated, overwhelmed, negative
- Anxiety, worry, despair
- exhaustion
- fatigue
- crying
- unable to concentrate



Without support and/or treatment, PPD can become a serious, long lasting illness or disorder that can affect every aspect of your life. Partners are at risk for developing PPD, as well. Their lives and roles have changed and adjustments to the new expectations as well as continuing to provide support and nurture for the family can be very overwhelming and have similar effects as the mothers. Even children can become depressed and have long lasting affects of depression.

Getting help doesn't have to be difficult and you can usually ask your care provider for a depression survey (if one is not offered at Postpartum visits) to help assess and determine the best course of action.

Some women do not need treatment and can recover well, others may need more support form professional care providers who can offer medications and therapies to help the situation.

A few things we can do at home are:

- Ask for help - don't put high expectations on yourself
- become or stay active with your baby - exercise, go to playgrounds, etc..
- take good care of yourself (self care) physically and mentally
- Choose healthy foods and beverages

- talk about your feelings, concerns and interests (moms groups, family, friends, etc...)
- rest and rejuvenate
- get outside and explore the world around you
- take your time, no rush to get anywhere or do anything.

There are some medications that can be take for PPD, however, be sure to do your research to find out what, if any, side effects may occur with you. baby or both. Discovering the issue early on can help reduce complications.

Speak to your midwife about any issues or complications you may be experiencing regarding Postpartum depression. Together you will be able to find resources and information to help with your decisions and choices.

References

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