



maternal mind

a postpartum mental health guide
for **Expecting Moms**

The Beginning

Welcoming a new life into this world is a joyous journey. As you embark on the journey of parenthood, you will face several changes in your body and lifestyle. Everybody's experience will be different. While some may seamlessly adapt to these changes, others may find themselves grappling with physical and mental challenges.

Remember: nurturing maternal mental health is as vital as the newborn in your arms.





The postpartum period is a time of transformation. Your body will experience several changes, from healing after childbirth to hormonal mood swings. All of this comes with the monumental adjustment to motherhood. It is natural to feel overwhelmed.

**Acknowledge and identify
your feelings!**

Understanding The Spectrum

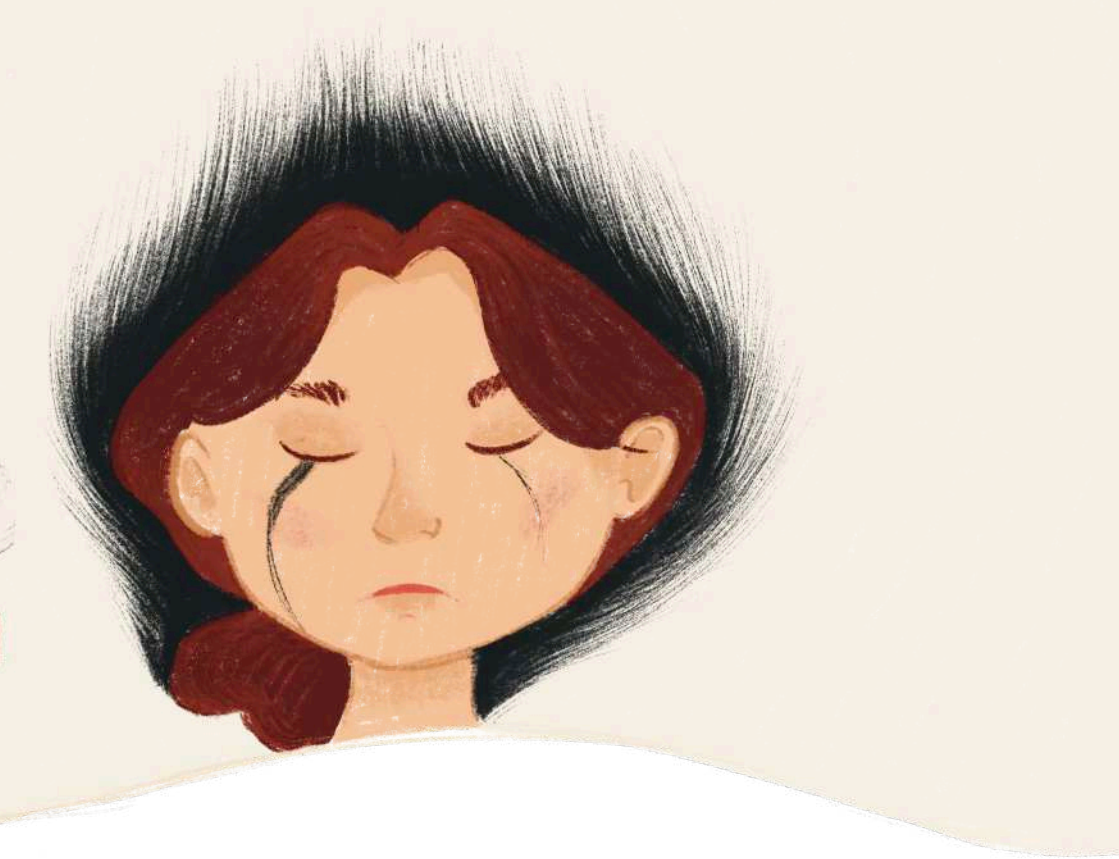


Baby Blues:

In the first few days after childbirth, it's common for new mothers to experience what's known as the "baby blues." You may experience mood swings, weepiness, and moments of sadness. Rest assured, it is a transient phase typically caused by hormonal changes and the sheer adjustment to motherhood. You are likely to feel better within one or two weeks.

Postpartum Anxiety:

Sometimes, the worries that accompany parenthood can escalate into postpartum anxiety. If you find yourself constantly feeling on edge, experiencing racing thoughts, or struggling with excessive worrying about your baby's well-being, these could be signs of postpartum anxiety.



Postpartum Depression:

Postpartum depression is a more prolonged and intense emotional challenge, impacting not just your mood but also your ability to navigate daily life. If you feel persistent sadness, hopelessness, or a disconnect from your baby, it's crucial to seek help promptly.

Postpartum Psychosis:

While rare, postpartum psychosis is a serious condition that requires immediate attention. Characterized by hallucinations, delusions, and extreme mood swings, it's crucial to recognize the symptoms and seek urgent medical assistance. If you or someone you know experiences these symptoms, contact healthcare professionals immediately.

The Bridge To Wellness

With these myriads of emotions, being informed is the first step towards a healthy and balanced experience. Be attentive to your feelings. Pay attention to drastic mood swings, persistent sadness, or heightened anxiety. Be aware of changes in appetite, sleep patterns, and energy levels. If you find yourself withdrawing from loved ones or losing interest in activities you once enjoyed, it is time to reach out. Intrusive or persistent negative thoughts about yourself or baby may be signs of underlying issues.

It is crucial to recognize and prioritize your emotional well-being.

A step towards treatment:

Postpartum Blue:

Rest, self-care, and leaning on your support system is key. Simple lifestyle adjustments, adequate sleep, and open communication can often alleviate these transient emotions.

Postpartum Anxiety:

Connect with healthcare professionals to discuss your feelings openly. Therapy, support groups, and medication can be effective treatments. Seeking support from loved ones and delegating tasks can also contribute to a healthier mental state.

Postpartum Depression:

Reach out to healthcare providers promptly. Therapy, and in certain cases, medication can be invaluable tools in managing postpartum depression. Your support network plays a crucial role, so don't hesitate to share your feelings with loved ones.



Important Advice:

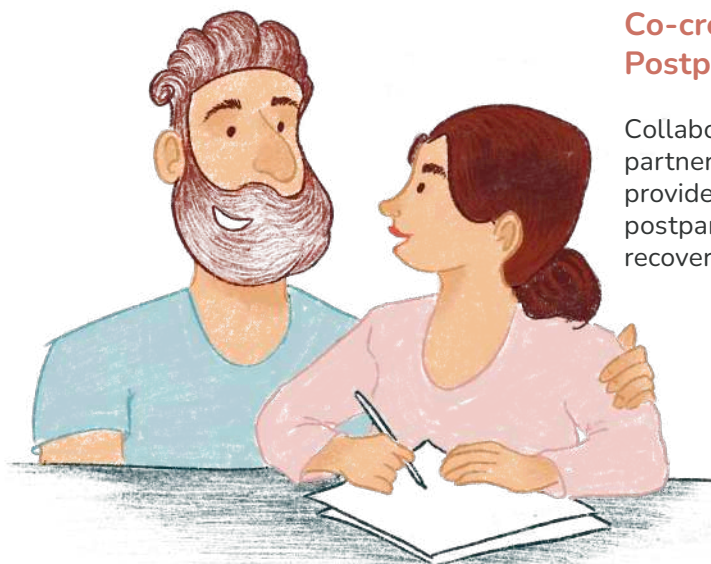
While it's vital to be aware of these emotional states, self-diagnosis is not a substitute for professional evaluation. When you notice concerning signs, consult your healthcare provider.

They will provide a comprehensive assessment, guidance, and tailored plans for your well-being.

The Journey Ahead

Co-create a Postpartum Plan

Collaborate with your partner and healthcare provider to create a postpartum plan for recovery and well-being.



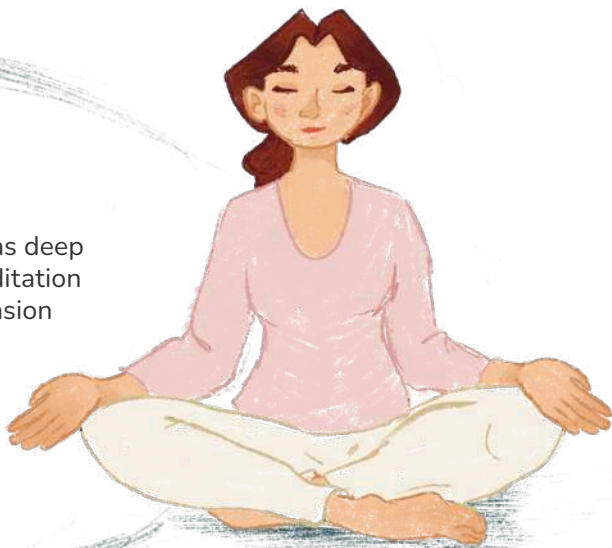
Seek Solitude and Support

Find time for yourself. Reconnect with with your inner self. Engage yourself in activities that relax your mind.



Mindful Moments

Mindful exercises such as deep breathing or simple meditation can help you release tension and embrace calmness.



Regain Your Strength

Revive your energy and spirits with gentle, postpartum-friendly exercise. A walk or some stretching can be a beautiful step towards a healthier, happier you.





Rest is a Blessing

When your baby is sleeping, embrace rest. It is a precious gift.

Close your eyes and allow your body to recharge, even if it is just for a moment.

A rested mind is more resilient.



Share Your Story

Talk to fellow mothers who have walked this path before. Sharing your experience can ease your fears. Let their stories comfort and guide you.



Code Word for a Break

Establish a code word that signals the need for a 15-minute break. Use it when you need some space away from the baby to think or rest.



Mindful Information Consumption

As an expectant mother, remember to filter the information you consume. Finding trusted sources of information is vital. An overwhelming amount of advice can make anybody nervous. Prioritize credible sources that empower you. Be gentle with yourself.



You Have Got This!

You are stronger than you know, and you have got this! Nurturing your mental well-being is not a choice, it is a beautiful necessity. In the moments that may feel overwhelming, remember the strength within you.

Prioritizing your mental well-being isn't just an act of self-love; it is a gift to your precious little one.

A healthy mind is the cornerstone of a vibrant and joyful life for you and your baby!

As you embark on this incredible adventure, remember: Your spirit is the compass, and courage is the map. Chart your course with confidence, dear Mom!



Glossary

Antidepressant medication:	Medicine used to treat major depressive symptoms and disorders, including postpartum depression.
Depression/ postpartum depression:	A mood disorder which causes persistent feelings of sadness and loss of interest in daily activities and things you used to enjoy. Postpartum depression is experienced following childbirth up to a year after the baby is born.
Health care provider:	A professional who provides preventive, curative or rehabilitative health care services. Can be anyone who provides health care services including physicians, dentists, nurses, social workers, therapists, etc.
Postpartum:	The period after childbirth, from birth until about 6 weeks after the baby is born.
Psychotherapy:	Treatment of a mental health disorder, such as postpartum depression, by talking with a therapist or counselor about problems and feelings.

