

Symptoms of Postpartum Anxiety and Depression

After delivering your baby, you might experience many emotions, and not all of them are always welcome. You might become sad, anxious, or afraid. These feelings are sometimes called the “Baby Blues” and they may be just a normal part of adjusting to your new life—or they be more serious.

Symptoms can include mood swings, crying spells, feeling overwhelmed, losing your appetite and having trouble sleeping. For most women, the baby blues is temporary—it's usually gone within a few days and lasts up to 2 weeks after childbirth. But for some women, those feelings don't go away and instead develop into postpartum depression and anxiety.

Postpartum Depression and Anxiety are very serious. They most often show up after delivery, but sometimes you can experience postpartum depression and anxiety before birth.

Moms who suffer from postpartum depression and anxiety may sleep too much or not at all, have severe mood swings, show too much or not enough concern for their baby, or withdraw from family and friends. You may also have trouble bonding with your baby or experience unwelcome thoughts about your baby.

“So, a lot of moms feel embarrassed or ashamed, that they feel they're supposed to be able to handle all this newness, all this change on their own. It's a lot to transition to, so to acknowledge that there's nothing wrong with you, this is just a big change in your life and to accept the support, open up and share with others as to what you are feeling.”

If you think you may have postpartum depression or anxiety, contact your healthcare provider immediately. There are many ways to treat postpartum depression and anxiety. You don't have to struggle alone.

They include making sure you are getting enough sleep. New parents are often exhausted, which can raise the risk of postpartum depression and anxiety.

Your healthcare provider may recommend medication. Many moms worry about taking psychiatric medications while breastfeeding, but research has shown that the benefit outweighs any small risk to you and your baby. Make sure you take your medication exactly as prescribed.

Talk Therapy might also be prescribed. A therapist can help you identify thought patterns and symptoms of postpartum depression and anxiety so you can change those thoughts and behaviors that may contribute to your symptoms.

Remember, if you are feeling depressed or anxious after having a baby, don't suffer alone. Call your doctor right away. Getting treatment and support helps you care for your baby so you both can be healthy and happy.