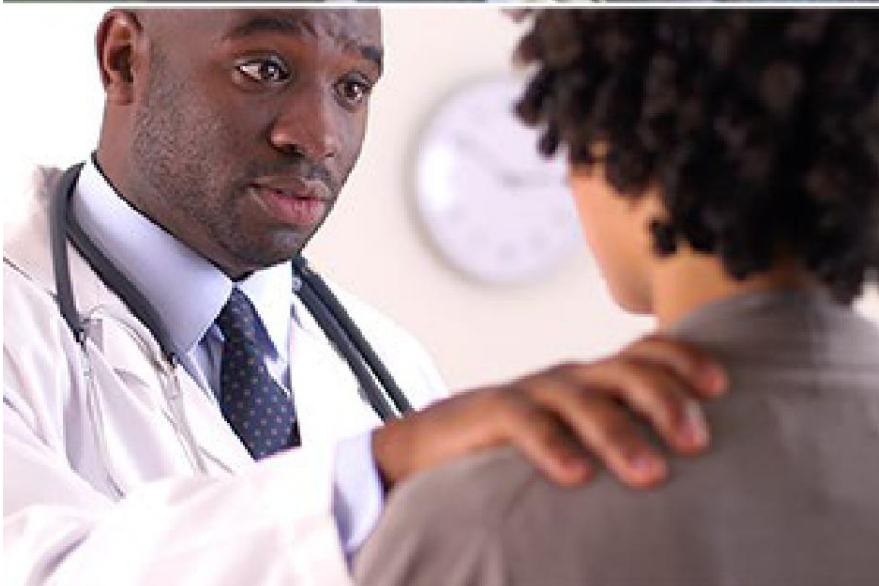




## Coping With Your Emotions After Childbirth



### Overview

After you give birth, you can experience a range of emotions. You may have moments of great joy and great sadness. You may feel anxious. You may feel exhausted and overwhelmed. These are normal feelings. Let's talk about some things that can help you manage them.

### The basics

First, be aware that your physical health has an impact on your emotions. So don't forget to take care of the basics. Make sleep a priority. Try to nap when the baby sleeps. Eat healthy foods, and drink plenty of water. And if your doctor says it's OK, take walks.

### Make time for yourself

Next, make time for yourself. Take time away from your baby when you need it. Interact with other adults. Talk with a trusted friend about how you're feeling. You may be surprised at how much this helps you recharge.

### Let go of the guilt

And finally, let go of any guilt you may feel. We tend to compare ourselves to other parents. This can cause stress and feelings of failure. But remember that parenting is a different experience for everyone. So figure out what's right for you and your baby, and don't focus on living up to unrealistic expectations.

### Conclusion

If it's been a few weeks since you gave birth and you struggle with feelings of sadness, you may be experiencing postpartum depression. It's a serious problem. Tell your doctor so you can get the care you need.