



# Your Mood Matters!

## Recognizing when you might be struggling with a PPMD

Whether you are a birth parent, partner, surrogate, or adoptive parent you may be affected by postpartum mood disorders! They are temporary, common, and treatable. It's OK to ask for help! A professional can help you recognize what is "normal" and what could be a sign of a postpartum mood disorder and create a support plan!

Your ability as a parent is NOT related to whether or not you struggle with your postpartum mood!

## What Are The Signs?

### Exhaustion



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

### Baby Blues



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

### Postpartum mood disorders



- Mood swings
- Irritability
- Sadness
- Trouble making decisions
- Changes in appetite
- Weepiness
- Feeling like you can't cope
- Extreme fatigue
- Inability to sleep

#### ALONG WITH...

- Hopelessness
- apathy/inertia
- lack of joy
- racing thoughts
- panic attacks
- extreme crying
- Don't want to be alone with baby
- Visions or extreme fear of harm coming to baby
- Obsessive thoughts or actions

## Set Yourself Up For Postpartum Mental Wellness

- Plan your postpartum! Plan to have extra support for day to day tasks so you can focus on your baby and recovery!
- Set realistic expectations of yourself and of your newborn You are both learning!
- Make a list of resources and professionals who can support you should you need extra support or are unsure of anything along the way!
- Know that you are not alone! It's ok to ask for help!

### IMPORTANT!

Exhaustion and Baby Blues improve with time and as you get more sleep. As a rule of thumb, any PPMD symptoms lasting longer than 2 weeks should be mentioned to your trusted healthcare professional.

## What should I Do?

If you are experiencing mood swings, irritability, sadness, are having trouble making decisions, changes in your appetite, "weepiness", are feeling like you can't cope, extreme fatigue, or an inability to sleep that doesn't improve after 2 weeks, please reach out to someone you trust for help as these can be symptoms of a postpartum mood disorder and require attention and care!