

Postpartum Depression Awareness



Understanding the Signs. Finding Support. Healing with Hope

Dear Mama,

Bringing a baby into the world is one of life's most meaningful transitions—but it can also be one of the most emotionally demanding.

You may have expected to feel joyful all the time, yet instead find yourself feeling overwhelmed, anxious, exhausted, or unlike yourself. If this sounds familiar, please know that you are not alone.

Postpartum depression is a common and treatable medical condition that can affect any mother, regardless of age, background, or how much she loves her baby. It is not a sign of weakness, failure, or being a "bad mother."

With compassionate support, professional care, and time, recovery is possible.

LOVE ALWAYS

This guide is intended for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your healthcare provider regarding your pregnancy and medical care.



Did you know?

STATISTICS

- Approximately 1 in 7 mothers experience postpartum depression after childbirth.
- Symptoms can begin during pregnancy or anytime within the first year after giving birth.
- Seeking help early often leads to better outcomes for both mother and baby.

Baby Blues

- ✓ Affects up to 80% of new mothers
- ✓ Usually begins within 2–3 days after birth
- ✓ Symptoms improve within two weeks
- ✓ Mild mood swings, tearfulness, irritability, and feeling overwhelmed

Post Partum Depression

- ✓ Symptoms last longer than two weeks
- ✓ Interfere with daily life and relationships
- ✓ Can affect sleep, appetite, energy, concentration, and bonding with your baby
- ✓ Often requires support from a healthcare professional

A Message from Love Always,

Motherhood was never meant to be carried alone.

If you're struggling, asking for help is one of the bravest things you can do—for yourself and for your family.

At Love Always, we believe every mother deserves compassion, dignity, and support throughout her motherhood journey.

This guide will help you recognize the signs of postpartum depression, learn practical tools to support your mental well-being, and understand when and where to seek help.

Recognizing the Signs & Symptoms

Every mother's experience is different.

Postpartum depression can look different from one mother to another. Some women feel overwhelmingly sad, while others mainly experience anxiety, irritability, or emotional numbness.

If several of these symptoms last more than two weeks, become more intense, or make it difficult to care for yourself or your baby, it's important to reach out to your healthcare provider.

Emotional Signs

- Persistent sadness or frequent crying
- Feeling hopeless or empty
- Excessive guilt or feelings of failure
- Feeling emotionally numb
- Loss of interest in activities you once enjoyed
- Feeling disconnected from yourself or your baby

Physical Signs

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- Feeling hopeless or empty
- Excessive guilt or feelings of failure
- Feeling emotionally numb
- Loss of interest in activities you once enjoyed
- Feeling disconnected from yourself or your baby

Thoughts and Behaviors

- Constant worry or racing thoughts
- Difficulty concentrating or making decisions
- Feeling overwhelmed by everyday tasks
- Withdrawing from family and friends
- Feeling like you're "not yourself"
- Thinking your family would be better off without you

Remember

Having one or two difficult days does not necessarily mean you have postpartum depression.

However, if these symptoms are persistent, interfere with your daily life, or prevent you from enjoying time with your baby, professional support can make a significant difference.

Early treatment often leads to faster recovery.

Seek Immediate Medical Care If You Experience:



- Thoughts of harming yourself
- Thoughts of harming your baby
- Hallucinations, confusion, or feeling disconnected from reality
- Feeling unable to keep yourself or your baby safe

Practical Tools for Difficult Days

Small steps can make a big difference.

When you're struggling emotionally, even simple tasks can feel overwhelming. These tools won't replace professional care, but they can help you care for yourself while you seek the support you deserve.

Your Daily Check-In

Take one minute each morning and ask yourself:

- ☐ Have I eaten a nourishing meal today?
- ☐ Have I had enough water?
- ☐ Have I rested, even for a few minutes?
- ☐ Have I stepped outside today?
- ☐ Have I talked to another adult today?
- ☐ Have I asked for help when I needed it?

You don't need to check every box. This is simply a gentle reminder to care for yourself, too.

Ground Yourself

If your thoughts are racing, try the **5-4-3-2-1 Grounding Technique**:

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

Grounding techniques help bring your attention back to the present moment.

The 60-Second Reset

When everything feels overwhelming, pause and breathe.

1. Inhale slowly through your nose for **4 seconds**.
2. Hold your breath for **4 seconds**.
3. Exhale slowly through your mouth for **6 seconds**.
4. Repeat this cycle **4 times**.

Slow breathing can help calm your nervous system and reduce feelings of anxiety.

Celebrate Small Wins



Healing doesn't always look like big achievements. Today, celebrate if you:

- ✓ Took a shower.
- ✓ Ate breakfast.
- ✓ Fed your baby.
- ✓ Went outside.
- ✓ Asked someone for help.
- ✓ Took your medication.
- ✓ Simply made it through a difficult day.

Progress is still progress.