

HOW TO MANAGE POSTPARTUM DEPRESSION AND ANXIETY



WHAT'S NORMAL AFTER BABY

Crying for no reason (thanks, hormones!).

Feeling overwhelmed by everything

Worrying about baby's safety (yes, you'll check if they're breathing 50 times.)

Mood swings that fade after 1-2 weeks.

Normal postpartum struggles improve as you adjust.



WHAT'S BEYOND NORMAL BABY BLUES? (POSTPARTUM DEPRESSION)

You feel empty, numb, or hopeless.

You struggle to bond with your baby

Feeling like you're failing, no matter how hard you try.

Pulling away from loved ones

Thoughts of self-harm or harming your baby

If the baby blues last more than two weeks, it might be PPD.



POSTPARTUM ANXIETY (BEYOND NORMAL WORRIES)

Racing thoughts, constant "what ifs," or irrational fears

Avoiding activities or places because you're terrified something bad will happen

Trouble sleeping—even when baby's sleeping like an angel.

Physical symptoms: nausea, shaking, or feeling like you can't breathe


It's more than worry—it's all-consuming

MUM RAGE (YES, IT'S A THING) LET'S BREAK THE TABOO.

Snapping over small things (like spilled milk)

Feeling like a volcano about to erupt

Regret or shame after yelling

 *Regulating your emotions is HARD when you're sleep-deprived and overwhelmed. It's OK to put your baby in their cot for a few minutes while you step away to re-regulate*

SIGNS YOU MIGHT NEED HELP. CONSIDER REACHING OUT IF..

The sadness or worry feels unshakable.

You feel disconnected from your baby or partner.

The "what ifs" keep playing on a loop in your head

You feel paralyzed by your fears

Your fears or thoughts are keeping you from living your life

Support is here for you, mumma



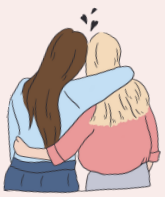
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TALK TO YOUR DOCTOR

If you're experiencing symptoms of postpartum depression, anxiety or rage, talk to your doctor. They can help determine the best course of action for you. Take someone with you if it would help



REACH OUT FOR SUPPORT



Don't be afraid to reach out to family, friends, or a support group for help. Check BabySteps forum or book a 1:1 with me. You'd be surprised how many mothers feel the same. You're not alone.



TAKE CARE OF YOURSELF

Self-care is important, especially when dealing with mental health struggles. Make sure you're getting enough rest, eating well, and taking time for yourself. Use the 'Self Care Check List' and 'Meditation Page' to guide you



BE KIND TO YOURSELF

Don't put too much pressure on yourself to be the perfect parent. Remember that it's okay to make mistakes and that you're doing the best you can. Babysteps forum is judge free safe space.



SEEK PROFESSIONAL HELP

If your symptoms persist or you can't manage alone, seek professional help. There are many treatment options available that can help manage postpartum depression and anxiety. Baby Steps has access to counselling. Once signed up to the membership you can access a unique discount code to get reduced counselling and support.

