



YOUR EMOTIONS: PREGNANCY AND BEYOND

PDHC PARENTING CLASS

EMOTION IS

A conscious mental reaction (such as anger or fear)

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experienced as strong feeling

usually directed toward a specific object

typically accompanied by physiological and behavioral changes in the body



HOW EMOTIONS ARE MADE

<https://www.youtube.com/watch?v=RVD4OsLEntY>

EMOTIONS IN PREGNANCY

Women experience positive and negative emotions in pregnancy

Expect to experience changes in your moods

Changes in your emotional state does not mean you are “crazy.”

Remind yourself not to feel guilty or ashamed



Maternal Mental Health Matters



<https://www.youtube.com/watch?v=m97UjpughrM>

HORMONAL CHANGES

When a woman is pregnant, her body produces the female hormones, estrogen and progesterone in large amounts

In the first 24 hours after childbirth, these hormone levels drop rapidly to their non-pregnant levels

These hormonal changes may lead to depression in a similar way that menstrual hormonal changes can trigger similar symptoms during and after your period



OTHER CHANGES IMPACT YOUR MOOD


Physical changes
in your body

Dramatic changes
in your life

Feelings of being
overwhelmed
with new
responsibilities

Pressures to be a
"great" mom,

A sense of loss
regarding the life
you had before



TALK TO SOMEONE

Reach out to:

A friend or loved one

A faith leader

Someone else you trust



“BABY BLUES”

Postpartum blues are characterized by weepiness, anxiety, irritability and fatigue

Temporary usually lasting few days or up to 2 weeks after childbirth

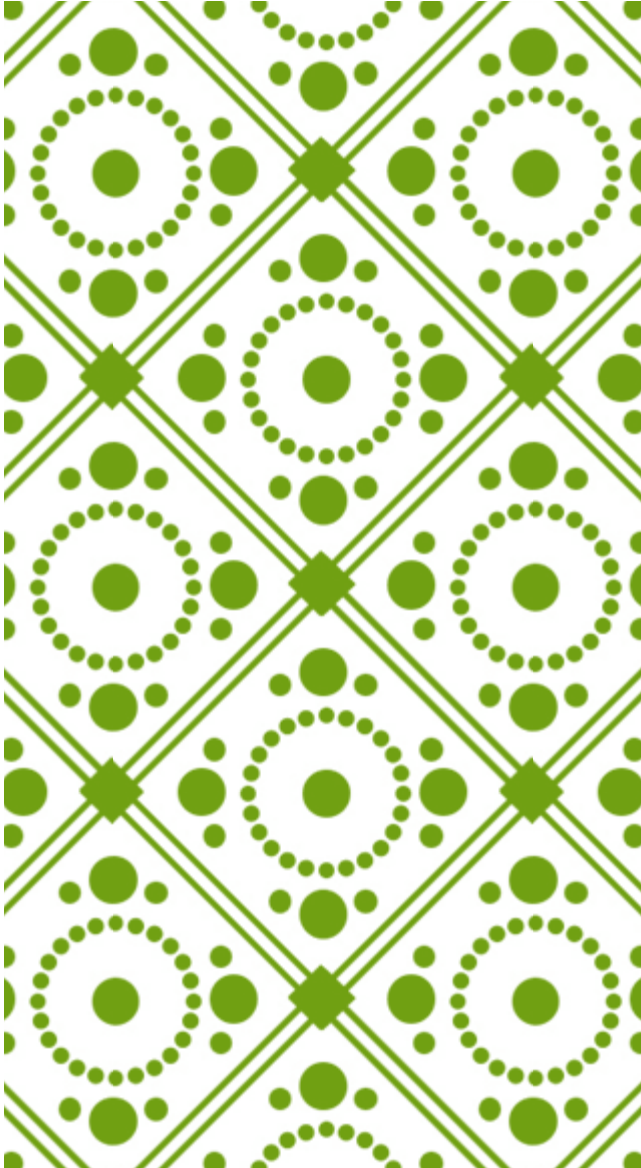
70% to 80% of all mothers experience “baby blues” after birth





“BABY BLUES” VS. POSTPARTUM DEPRESSION

<https://www.youtube.com/watch?v=6kaCdrvNGZw>



Perinatal refers to the time during pregnancy and after childbirth

Prenatal is during pregnancy

Postpartum is after the baby is born

Mood disorders

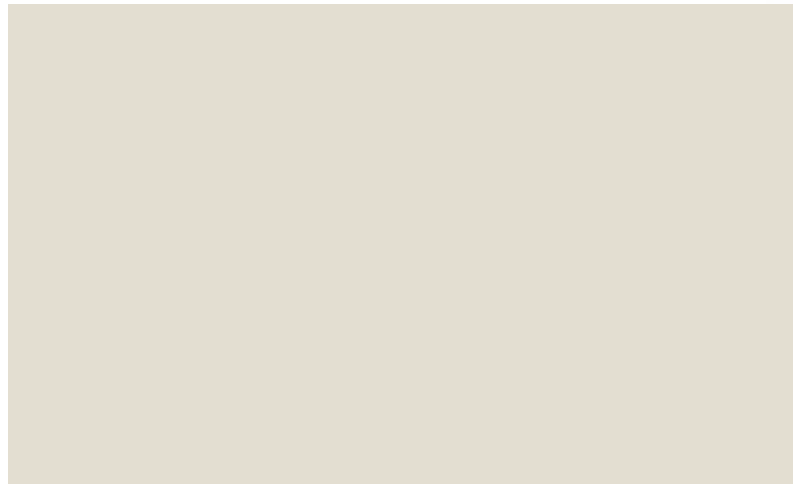
When emotional state is inconsistent with circumstances

Interfere with ability to function in daily life

**WHAT ARE PERINATAL MOOD
DISORDERS?**

PERINATAL MOOD DISORDERS

Occur during Pregnancy or
Up to a Year after Birth



TYPES AND OCCURRENCE OF PERINATAL MOOD DISORDERS

Depression

10% of pregnant mothers experience Prenatal Depression
15% of new moms experience Postpartum Depression

Anxiety

6% of pregnant mothers experience Prenatal Anxiety
10% of new moms experience Postpartum Anxiety

Psychosis

Postpartum Psychosis occurs in 1-2 new mothers out of
1000 deliveries

*Some mothers experience both depression and anxiety.

SYMPTOMS OF PERINATAL DEPRESSION

Feelings of prolonged sadness, emptiness,
irritability

Crying more often than usual

Feelings of anger

Withdrawing from loved ones

Feeling numb or disconnected from your baby

Feeling guilty about not being a good mom or
doubting your ability to care for the baby

SYMPTOMS OF PERINATAL ANXIETY

Inability to sit still

Constant worry

Physical symptoms like dizziness, hot flashes, and nausea

Disturbances of sleep and appetite

Racing thoughts

Feeling that something bad is going to happen



COPING WITH ANXIETY AND DEPRESSION

<https://www.youtube.com/watch?v=QovJbtIz5jE>

Delusions or strange beliefs

Hallucinations (seeing or hearing things that aren't there)

Feeling very irritated

Hyperactivity

Decreased need for or inability to sleep

Paranoia and suspiciousness

Rapid mood swings

Difficulty communicating at times

SYMPTOMS OF POSTPARTUM PSYCHOSIS

RISK FACTORS FOR PERINATAL MOOD DISORDERS

A mother's personal history of depression or another mental illness is the largest overall risk factor

A family history of depression or another mental illness

A lack of support from family and friends

Depression or mental illness in the woman's partner

Anxiety or negative feelings about the pregnancy

Problems with a previous pregnancy or birth

Stressful transitions, such as returning to work or moving

Marriage or money problems

Stressful life events

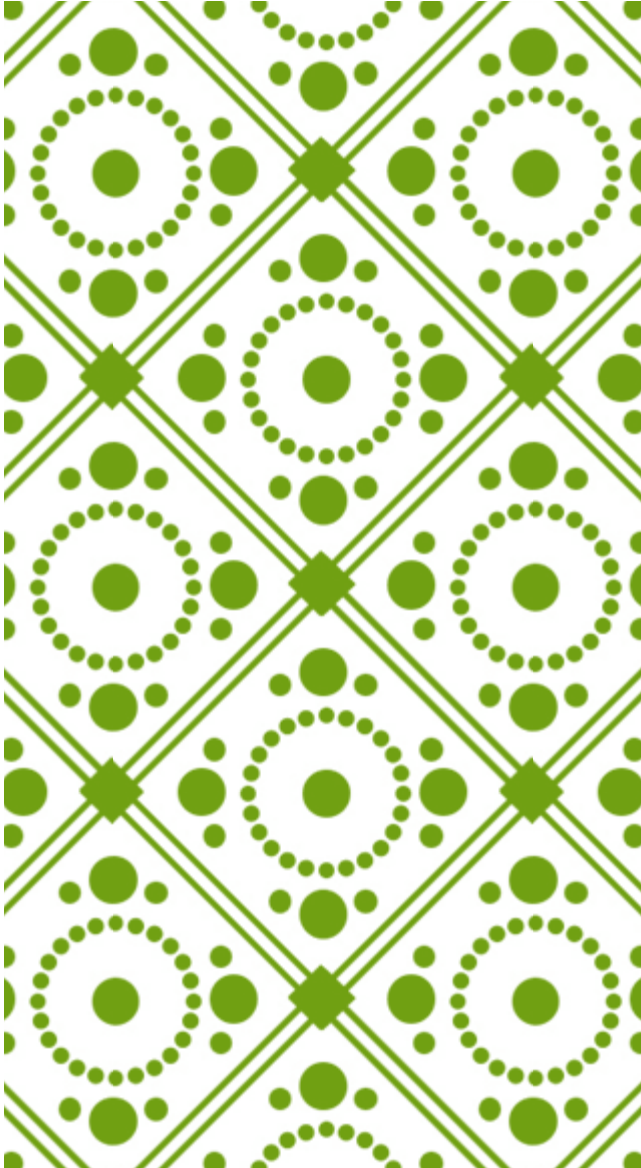
Pregnancy at a young age

Substance abuse disorders

Family violence

Chronic illness

The risk is also higher with multiple births, premature and ill baby



Treatment can include:

Therapy

Medications

or a combination of both

With proper treatment, most women feel better and their symptoms improve

According to the American Psychological Association perinatal mood disorders can last for months if left untreated and can worsen

TREATMENT

EFFECTS ON THE FAMILY

Perinatal mood disorders can have serious effects on other family members

Partners of women suffering from postpartum depression often feel overwhelming frustration, fear, anger, resentment, confusion, and isolation

Dads can experience depression in pregnancy and after the birth of his baby



NEED HELP?



We all need help

You are not weak

Ask for what you need



ACCEPT HELP |

MENTAL HEALTH SUPPORT FOR MOMS

POEM (Perinatal Outreach and Encouragement for Moms) provides information and support for pregnancy/postpartum mental health

POEM Online Support Meetings — For pregnant and postpartum moms

RISE: for Black and African-American Moms Online Support Meeting

NICU Moms Online Support Meeting

Contact The POEM Support Line, 614-315-8989

POSTPARTUM SUPPORT INTERNATIONAL

800-944-4773 for support and referrals

* Remember that pregnancy and postpartum mood disorders are temporary and treatable

WHEN TO SEE A DOCTOR

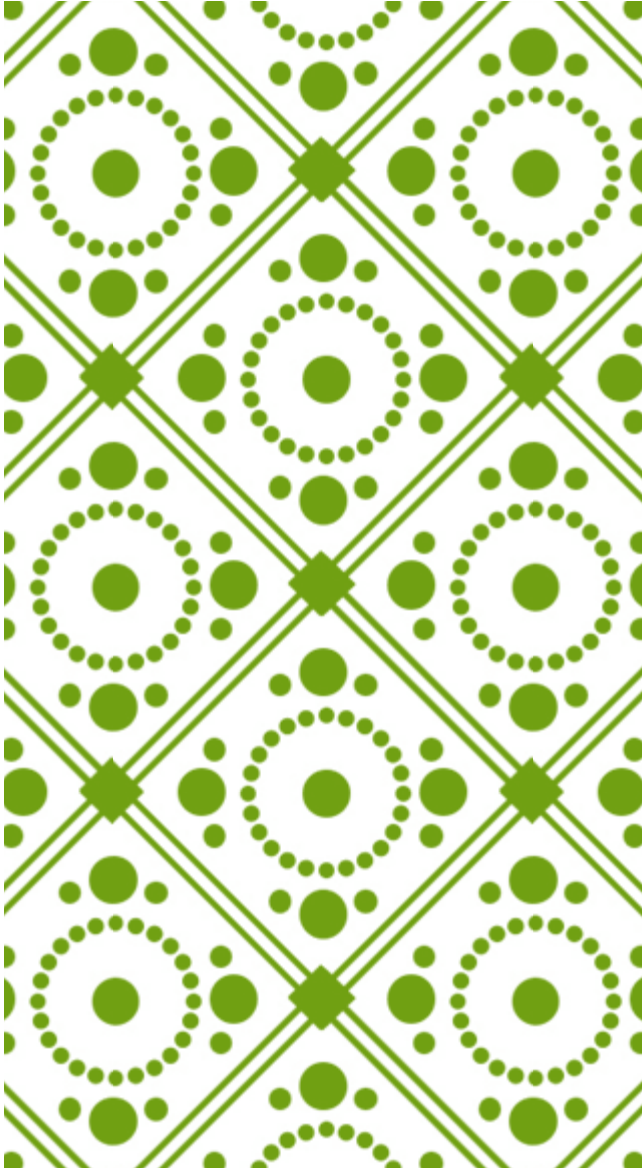
Talk to a doctor if you:

Feel like your emotions are interfering with your work, relationships, social activities or other parts of your life

Abuse alcohol or drugs

Have suicidal thoughts or behaviors - seek emergency treatment immediately





Mood disorders are:

unlikely to simply go away and may get worse over time

easier to treat early rather than when severe
may increase your risk of suicide.

WHY SEEK HELP?

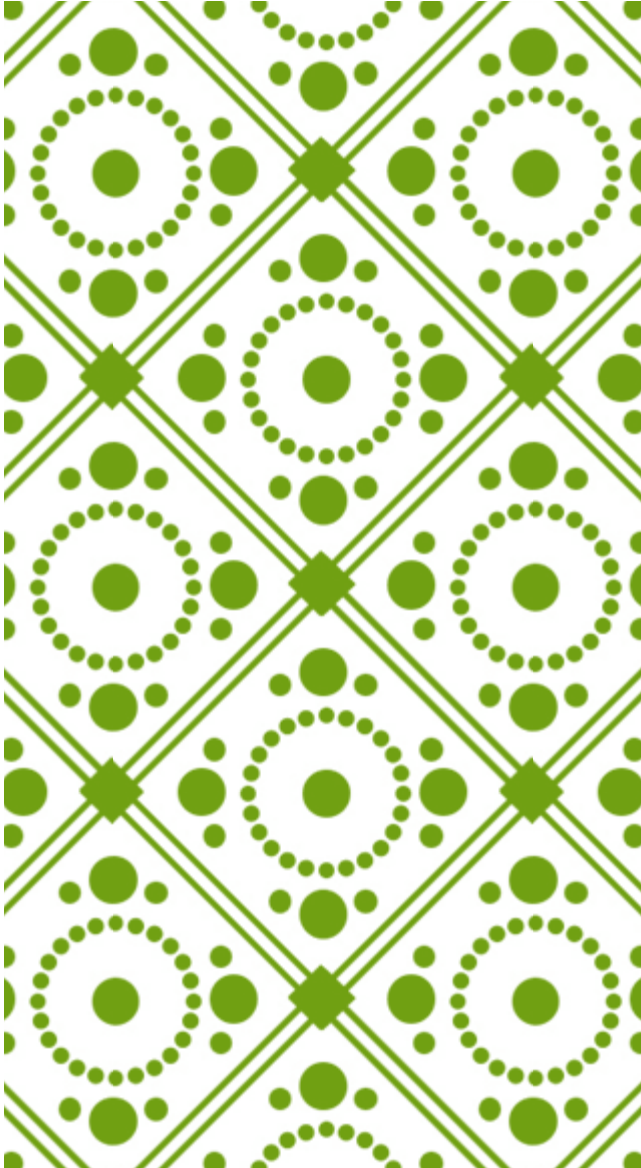
SUICIDAL THOUGHTS?

National Suicide Prevention Hotline

1-800-273-8255

www.suicidepreventionlifeline.org

Help!



<https://mhaohio.org/get-help/maternal-mental-health/about-poem-2/>

<https://www.psychologytoday.com/us/blog/in-practice/201610/7-effective-ways-ask-help-and-get-it>

OPTIONAL LEARNING

RESOURCES

<https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx>

<https://www.postpartum.net/learn-more/anxiety-during-pregnancy-postpartum/ages-stages/prenatal/delivery-beyond/Pages/Understanding-Motherhood-and-Mood-Baby-Blues-and-Beyond.aspx>.

<https://healthtalk.org/pregnancy/emotions-during-pregnancy>.

<https://www.youtube.com/watch?v=WmCaYFPASBk>

<https://newsnetwork.mayoclinic.org/discussion/womens-wellness-postpartum-depression-is-more-than-the-baby-blues/>

<https://www.postpartum.net>

<https://mhaohio.org/get-help/maternal-mental-health/poem-services/o>

<https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Dads-Can-Get-Postpartum-Depression-Too.aspx>

National Institute of Mental Health