

# DEALING WITH *Baby Blues*

After months of excitement, your baby is home with you. And so are sadness, anxiety and other unhappy feelings.

Most mothers will feel such emotions and experience mood swings. The 'baby blues' are normal and should subside in a couple of weeks.



## *In the meantime:*

- ✿ **Lean on others.** Recruit trusted friends and family to help you at home.
- ✿ **Talk about your feelings** with loved ones who will listen without judgment.
- ✿ **Eat a healthy diet.** Excessive carbohydrates can intensify mood swings.
- ✿ **Write down your feelings** and thoughts in a journal.
- ✿ **Go outside.** Fresh air may lift your mood and provide a break in your routine.

## RED FLAGS FOR **Postpartum Depression**

- ✿ Thinking about hurting your baby or yourself
- ✿ Losing your temper easily. You feel like an unguided missile: totally out of control
- ✿ Avoiding loved ones and things you used to love to do. You have a general loss of interest
- ✿ Inability to complete daily tasks

**If the blues persist, or you have a history of depression, contact your doctor or seek professional help. You may be suffering from postpartum depression, which is treatable.**

**Postpartum Support International** Phone Number: 800-994-4PPD (4773)  
**PPD Moms** Phone Number: 800-PPD-MOMS (800-773-6667)