

# TULSA POSTPARTUM DEPRESSION SUPPORT GROUP

## POSTPARTUM MOOD DISORDERS

**Baby blues:** About 70 to 85% of women who give birth have baby blues. These emotions may begin very soon after delivery and last up to two weeks. There will be periods of happiness and periods of crying for no good reason. This is very normal and is due to the decrease in hormones after birthing. They usually go away on their own, but make sure that you have lots of help, eat well, drink plenty of water and get lots of rest. Take care of the baby and yourself - nothing else!

**Postpartum Depression:** This is more serious than baby blues and can begin within 24 hours after the birth and up to one year. It may be mild or severe and can last for many months. If you are feeling any of the symptoms below, you should let someone know how you are feeling. The signs of postpartum depression can include:

- Feeling very tired most of the time or inability to sleep when you are tired
- Feelings of hopelessness and helplessness
- Appetite changes
- Poor concentration, confusion or memory loss
- Over concern or lack of interest in your baby
- Uncontrolled crying and irritability
- Feelings of guilt and worthlessness
- Lack of interest in things that usually interest you
- Feelings that your baby and family would be better off without you\*\*
- Feelings of harming yourself or your baby\*\*

\*\* Get help immediately if you are having these feelings

### **Postpartum anxiety and/or panic disorder:**

- Extreme anxiety, shortness of breath or fast breathing
- Chest pain
- Hot or cold flashes
- Shaking, dizziness

### **Obsessive Compulsive Disorder (OCD)**

- Uncontrollable thoughts (including thoughts of harming the baby)
- Avoiding the baby to alleviate intrusive thoughts
- Anxiety and depression
- Fear of losing control or going crazy
- Extreme highs and/or lows

## **Post Traumatic Stress Disorder:**

- Flashbacks of the birth
- Dreams
- Sleep disruption
- Detachment from others
- Difficulty concentrating
- Amnesia
- Extreme worry

## **Preventive measures:**

- Eat well and get adequate rest
- Have support during and after childbirth
- Discuss your concerns with someone close to you
- Do not isolate yourself
- If you have thoughts of harming yourself or your baby,  
GET HELP IMMEDIATELY!!!!

## **Resources for help:**

- Call your OB Doctor's office
- Tulsa Postpartum Depression Support Group (918)865-7824 or 699-0120
- Family and Children Services (918)587-9471
- Tulsa Helpline (918) 836-4357
- Mental Health Association of Tulsa (918) 585-1213
- Online help: [www.ppdsupportpage.com](http://www.ppdsupportpage.com)

**This is an illness – this is not your fault!!!!**

**Do not keep this to yourself. Tell someone you can trust!!!!**

**4/27/06**

## Risk Factors for Postpartum Depression

1. Is this your first baby?

Sometimes big life changes can cause you to react in a way that you do not expect. Having a baby is a very big life change.

2. Do you have other children? If so, did you have anxiety or depression after the birth of your other children?

If you did, it could be that you will have it again, but not necessarily.

3. Is your family supportive of your having this baby?

Family support is very important. If you do not have a lot of family support, please make them aware if you are having signs of postpartum depression.

4. Have you felt depressed or sad during your pregnancy?

If so, you could also have postpartum depression. Please let someone know if you are feeling depressed during your pregnancy so you can make plans in case you do have postpartum depression.

5. Do you have a history of being depressed or having other emotional problems?

If so, you could be at risk for postpartum depression. Please let someone know if you have had depression or anxiety problems in the past.

6. Do you usually have premenstrual pain?

If so, you could be at risk for postpartum depression. Please be aware of this and if you feel sad or anxious tell someone.

7. Will you have friends or family around you to help you during the first weeks after your baby's birth? This is **very important** !!!!!!! Please make sure that you have arranged to have help after your birth.

8. Are you planning to have someone at your birth who will help you through it?

It is always advisable to have someone with you who can be supportive and helpful to you during your labor.

9. Have you had any traumatic experiences during your pregnancy?

If so, Please be aware that if you have had a traumatic experience during your pregnancy, this puts you at risk for postpartum depression.

## **Other Risk Factors**

A newborn with health problems, for example, a premature baby or a baby with a health problem that will require special care or has difficulty in feeding and sleeping or is hard to console.

A traumatic labor and delivery experience.

Your own health problems before, during or after the birth of your baby.

Financial stress during or after the birth of your baby.

Other life stressors like a move, a job change, or relationship problems.

A close family member with emotional problems.

**It is very important to look ahead and have a plan in place if you are at risk for a postpartum mood disorder. If you have any risk factors please discuss them with someone.**

***Books and Websites for  
Postpartum Depression***

Postpartum Survival Guide, Dunnewold and Sanford, New Harbinger Publications.

Behind the Smile, Marie Osmond, Warner Books, 2001.

Down Came the Rain, Brooke Shields, Hyperion, 2005.

Beyond the Blues, Bennett and Indman, Moodswings Press, 2003.

The Hidden Feelings of Motherhood, Kendall-Tackett, New Harbinger Press, 2001.

Out of the Darkness: Postpartum is Not Something We can Fight on our Own, MacDonald, Publish America, 2002.

Overcoming Postpartum Depression and Anxiety, Sebastian, Addicus Books, 1998.

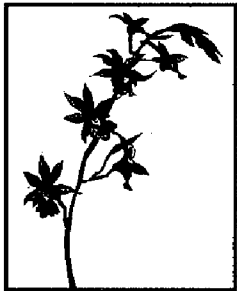
Postpartum Depression and Anxiety: A Self-Help Guide for New Mothers, Pacific Postpartum Support Society.

Sleepless Days, Resnick, St. Martin's Press, 2000.

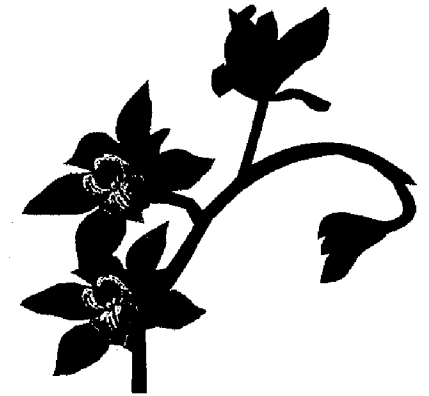
Postpartum Support International  
<http://www.postpartum.net>

Oklahoma Postpartum Support  
<http://www.okpostpartumsupport.org>

MedEd  
<http://www.MedEdPPD.org>



## The Well Mom Check List



- Have I eaten enough nutritious food today?
- Have I slept at least 8 hours, or taken a nap?
- Have I bathed or showered today?
- Have I exercised at least 10 minutes today? (Walked around the block, jogged in front of the TV?)
- Have I laughed today?
- Have I kissed my baby and told him/her "I Love You" today?
- Have I talked to at least one adult today about how I'm doing (not just about the baby)?
- Have I forgiven myself for mistakes I've made today?

