

POSTPARTUM DEPRESSION

What is postpartum depression?

Postpartum depression is a kind of depression mothers feel after giving birth. With different underlying causes and symptoms, postpartum depression is as valid and real as any other kind of depression. Mothers may feel that they don't love their baby, are a bad mother, or experience mood swings, exhaustion, and other common depression symptoms. All feelings are important to address, and it's equally as important to try and stay active and take care of yourself.

Today's To-Do List and Reminders

- water _____
- meals _____
- sunlight _____
- movement _____
- _____
- _____
- _____
- _____

How do I feel...

About my child:

About my responsibilities:

About anything:

About myself:

