

# POSPTARTUM

## ANXIETY

- You are totally up in your head thinking, worrying, and stressing about problems that are largely out of your control or very unlikely to happen.
- Your body feels ramped up and agitated all the time. It feels like you can't take a deep breath.
- You feel tired all the time but are having trouble fall asleep because your brain and body won't 'turn off'.
- You have scary thoughts of terrible things happening to your baby and/or loved ones. They seem to come out of nowhere and the graphic or violent nature of the thoughts are sometimes so terrifying that you can't believe you had them and are afraid to tell people about them.
- You are having panic attacks and you live in fear of when the next one is going to strike.
- You have a never ending to do list of housework and childcare. You are obsessed with keeping everything in order and doing everything right.
- You don't want to be alone with the baby because you are afraid you can't handle it or things will go wrong. You may also never want to be away from the baby and get very agitated when people take the baby from you - even if they are in the same room.
- You are eating really differently. Either you can't eat or can't stop eating.
- You have tried to calm down but can't. The things you used to do to relax are no longer working.

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Important disclaimer! This is not a diagnostic tool meant to replace a medical assessment and we 100% encourage you to talk to your doctor or mental health professional right away if you are not feeling okay. Also - we can't stress enough how critical it is to tell your doctor/a trusted loved one if you are having thoughts of hurting yourself or people you love.

# POSPTARTUM DEPRESSION

- ❑ You miss your old life. Parenting wasn't what you expected and you are sad that this is your new normal.
- ❑ You just want the baby to go to sleep so you can be away from them. You feel dread when you think they are waking up.
- ❑ You are going through the motions of caring for your baby, but you are afraid that you aren't as bonded as other parents.
- ❑ You get angry or frustrated a lot. With your baby/kids, partner (if you have one) and even yourself. Everything seems to annoy you and you have trouble calming down.
- ❑ You're pretty sure you suck at parenting. You feel like you can't do anything right, that it's your fault that your baby cries and has trouble sleeping, and sometimes wonder if your family would be better off without you.
- ❑ You don't feel much at all. You are totally spaced out, feel empty and having trouble connecting or paying attention.
- ❑ Your body feels heavy and you don't feel grounded. You feel like you could lie down and sleep for days on end.
- ❑ You cry a lot. It's hard to believe that this is your life. You have flight fantasies of running away or living a different life.
- ❑ You count down to the times when someone can take the baby. You don't want to be alone with them, and when you are, time seems to go by really slowly.

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