

The Symptoms (in plain English) of Postpartum Blues, Depression, Anxiety, OCD, and Psychosis

When you read the different symptoms included in this handout, please remember that you may not experience all of the symptoms listed or even most of them. These illnesses are not one-size-fits-all. You may experience just a few of these symptoms, or a few from one category and others from another list. You may feel them all day each day or it can vary day to day and some days not experience these symptoms at all.

We all have bad days. Postpartum depression and anxiety are not just bad days.

Women with baby blues, PPD, and anxiety have symptoms like those listed on the final page, most of the time, for a period of at least 2 weeks or longer, and these symptoms make it feel very hard to live your life each day. Women often times have a bit of both postpartum depression and anxiety or OCD. If you have symptoms on both lists, that's not unusual.

Postpartum anxiety, OCD, and depression, effects approximately 1 in 3 women every year.

You are NOT alone!
There IS hope!



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The Symptoms (in plain English) of Postpartum Psychosis

An even rarer illness called Postpartum Psychosis occurs in approximately 1 to 2 out of every 1,000 deliveries, or approximately .1 -.2% of births. The onset is usually sudden, most often within the first 2 weeks postpartum.

Symptoms of postpartum psychosis *can* include:

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

*Of the women who develop a postpartum psychosis, research has suggested that there is approximately a 5% suicide rate and a 4% infanticide rate associated with the illness. This is because the woman experiencing psychosis is experiencing a break from reality. In her psychotic state, the delusions and beliefs make sense to her; they feel very real to her and are often religious.

IMMEDIATE TREATMENT FOR WOMEN GOING THROUGH PSYCHOSIS IS IMPERATIVE!

*It is also important to know that many survivors of postpartum psychosis never had delusions containing violent commands. Delusions take many forms, and not all of them are destructive. *Women with this illness must be quickly assessed, treated, and carefully monitored by a trained healthcare perinatal mental health professional.

*Postpartum psychosis is temporary and treatable with professional help, but it is an EMERGENCY and it is essential that you receive immediate help.

*If you feel you or someone you know may be suffering from this illness, know that it is not your fault and you are not to blame. Call your doctor or an emergency crisis hotline right away so that you can get the help you need.

*the above information brought to you by postpartum.net

NORMAL BABY BLUES	POSTPARTUM DEPRESSION	POSTPARTUM ANXIETY & OCD
<p data-bbox="94 191 306 233">BONDING</p> <p data-bbox="16 291 363 386">usually happens within a week of life</p>	<p data-bbox="586 191 799 233">BONDING</p> <p data-bbox="443 291 867 386">not happening and it's been 2 weeks or longer.</p>	<p data-bbox="1198 191 1411 233">BONDING</p> <p data-bbox="959 291 1572 386">isn't happening or is interrupted by intense concerns/worries/fear</p>
<p data-bbox="99 447 321 489">FEEDINGS</p> <p data-bbox="16 541 391 972">you wonder if baby is getting enough while nursing, but you're going to keep at it, you're enjoying feeding your baby from a bottle, breast, or both</p>	<p data-bbox="570 447 792 489">FEEDINGS</p> <p data-bbox="456 541 893 863">feeding your baby, like most other things aren't enjoyable at all, you may cry during feedings, you may feel really guilty about how you feel</p>	<p data-bbox="1174 447 1396 489">FEEDINGS</p> <p data-bbox="959 541 1568 972">feedings may be riddled with fear that you're not producing enough milk or if formula feeding you may feel extreme guilty you aren't breastfeeding, you might not want others preparing or washing bottles for fear they will not do it correctly or well-enough</p>
<p data-bbox="99 1026 315 1068">FEELINGS</p> <p data-bbox="16 1115 375 1934">you feel mostly happy and blessed/content, you are tired, but are managing with a few hours here and there, you can't believe how much joy your baby brings you and sometimes you get sappy about it, you're sharing happy moments with friends/family</p>	<p data-bbox="586 1026 802 1068">FEELINGS</p> <p data-bbox="464 1115 904 1986">feeling overwhelmed, guilt because you should be handling this mom thing better, disconnected, you may daydream or think about leaving your family/running away, you're in a fog, you just can't handle being a mom, you may be wondering whether you should have become a mother in the first place, emptiness, numbness, upset for no real reason</p>	<p data-bbox="1169 1026 1385 1068">FEELINGS</p> <p data-bbox="964 1115 1604 1986">racing thoughts, you can't quiet your mind, having scary/disturbing thoughts, these ideas come uninvited and make you think "what if" thoughts, afraid to be alone with baby, a sense of doom, like something terrible is going to happen, you think you're "going crazy" and are afraid if you ask for help your baby will be taken away, afraid of things in your house that could potentially cause harm, like stairs, knives, the dryer, or balcony, and you avoid them like the plague or check things obsessively, worried the baby has/will stop breathing.</p>