

Do you know the #1 complication of pregnancy and childbirth?

## ANXIETY and DEPRESSION

These illnesses affect up to 1 in 5 women during pregnancy or the first year postpartum. They are caused by changes in biology, psychology, hormones, and environment.

*The most successful **PATH TO WELLNESS** is a combination of...*

### SELF-CARE

*Many new mothers need to be “mothered” during the recovery from pregnancy and childbirth. Being a new mother, caring for a newborn, and maintaining home and family are challenging, especially if mom feels anxious or depressed.*

#### **Sleep. Nutrition. Exercise. Time Off.**

**Sleep.** Getting 4-5 hours of uninterrupted sleep is the most effective, least expensive thing a new mother can do to start feeling better. Brainstorm with partner, friends, and family how to maximize sleep. *Note: sleeping too much or not being able to sleep when baby sleeps may be signs of more serious depression or anxiety.*

**Nutrition.** New moms should eat every time baby eats. Water and a high-protein snack (yogurt, cheese stick, nuts) are good mini-meals.

**Exercise.** Gentle exercise – such as a walk around the block – can have terrific benefits. The combined effect of change of scenery, fresh air, Vitamin D from the sun, and endorphins released in the body can have a positive impact on mood.

**Time off.** No other job is so demanding, requiring being on duty 24 hours/day, 7 days/week. New moms need time off to recharge and rejuvenate, especially if feeling overwhelmed. The challenge is to identify and meet those needs, whether it's taking a shower, reading the newspaper, or talking with an old friend.

***New mothers must care for themselves so they can care for others.***

### SOCIAL SUPPORT

New moms often feel the need to connect with other new mothers, especially if experiencing anxiety or depression. Peer support groups offer non-judgmental listening, support, and encouragement from others experiencing similar issues. Leaders of these support groups are caring, empathic, and have survived these illnesses.

Social support can also be practical support: providing meals, babysitting, driving older children, running errands, doing laundry, tidying the house. All of these can help diminish the pressure a new mother feels.

***Postpartum Support Virginia has volunteers who provide one-on-one support via phone or social media and lead FREE peer-led support groups throughout Virginia.***

### TALK THERAPY

New moms may need to address topics such as their role as mother, changes in relationships, and communications with partner.

Talking with an objective third party – a social worker, psychologist, or professional counselor – can help put things in perspective.

***Postpartum Support Virginia has compiled a list of mental health professionals who specialize in treating new or expectant mothers experiencing anxiety or depression.***

### MEDICATION

Sometimes medication is needed to lessen persistent anxiety or depression. Several medications commonly used to treat anxiety or depression are widely considered safe to use during pregnancy or while breastfeeding.

These medications can be prescribed by primary care physicians, obstetrician/gynecologists, or psychiatrists.

***Postpartum Support Virginia has compiled a list of psychiatrists who specialize in treating new or expectant mothers experiencing anxiety or depression.***