



# Perinatal Mood + Anxiety Disorders



\*A quick reference guide created for **simplicity** during your postpartum period\*

<i>Symptoms</i>	<b>No Mood Disorder</b>	<b>The Baby Blues</b>	<b>Postpartum Anxiety</b>	<b>Postpartum Depression</b>	<b>Postpartum OCD</b>
<i>Sleep deprivation</i>	makes you feel tired	makes you feel emotional	makes you feel irritable	makes you feel angry	makes you feel anxious
<i>Bonding with baby</i>	happens shortly after birth	doesn't happen immediately	can be extreme & obsessive	can be difficult	makes you feel anxious + obsessive
<i>Changes in your life</i>	make you feel excited	make you feel overwhelmed	make you feel a loss of control	make you feel worthless	make you feel out of control
<i>Your mind is:</i>	forgetful & distracted	foggy & unclear	imagining worst-case scenario	full of intrusive thought	in a constant loop of alert
<i>You cry tears of:</i>	joy	sadness	overwhelm	frustration/rage	fear
<i>You worry:</i>	for good reasons	about minor things	about everything	if you are fit to be a mother	how to keep your child safe
<i>Most of the time you feel:</i>	happy + hopeful	weepy + emotional	worried	nothing	concerned
<i>The future seems:</i>	full of possibility	far away	scary	nonexistent	dangerous
<i>Leaving the house:</i>	is something you look forward to	is intimidating	is something you try to avoid	is something you have no interest in	feels impossible
<i>After a few weeks:</i>	you get into a good routine	you feel much better	you feel exhausted	you feel much worse	you feel more anxious + scared