

Perinatal Mood + Anxiety Disorders



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

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



@bloomwomenswellnessdsm