09

Mental and Emotional Health

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1 Since becoming a mother, have you struggled (or are currently struggling) with feelings of depression or anxiety?

2 Which of these truths is hardest for you to believe?

God did not cause my pain
God's heart breaks with mine
God is with me
I am held by him

3 Who do you think you most need to connect with right now? God, others, yourself?

4 What is one small step you can take to begin connecting with either God, others or yourself?

Symptoms of Post Partum Depression

Feelings of sadness, emptiness, hopelessness nearly everyday

Markedly diminished interest in activities that were once pleasurable

Irritability and physical agitation/restlessness

Insomnia or hyposomnia (the opposite extreme)

Loss of appetite

Fatigue or loss of energy

Feelings of worthlessness or excessive or inappropriate guilt

Diminished ability to think or concentrate and indecisiveness

Recurrent thoughts of death or suicidal thoughts

Symptoms of Post Partum Anxiety

Excessive worry or lots of time spent in fear based thoughts

Sense of loss of control

Hypervigilence (always on alert, coming to baby's aid too fast, taking away baby's ability to ask for what it needs/wants and self soothe)

Body aches

Fatigue

Sleeplessness

Desire to run away, get out of the situation and eliminate the worry and pain completely

Self-Care Ideas

Worship music

Journaling in a coffee shop

Reading the Bible

Prayer

Singing

Exercising

Sharing how you are feeling with your husband, parents, friends.

Spending time in nature

Scrapbooking

Drawing

Reading a book

Painting

Gardening

Doing something creative

Meditation with scripture

Talking to a counselor

Joining a group

Sleep

A trip or overnight away

Yoga

Manicure/Pedicure

Massage

Hot coffee