The change in hormones after pregnancy are often called "baby blues".

The "baby blues" can become more serious and result in a longer-lasting form of depression called postpartum depression (PPD).

**Signs & Symptoms of PPD**

- Avoiding friends and family
- Not being able to care for yourself or your baby
- Severe mood swings, anxiety, or panic attacks
- Too much or too little sleep
- Lack of interest in daily activity
- Trouble feeling close to your baby or bonding

**PPD in Black Women**

Black women may take on the burden of living with the symptoms of PPD due to the negative stereotype of Strong Black Women.

**Superwoman Schema (SWS)** (Cheryl Woods-Giscombe PhD)

- Perceived obligation to present an image of strength
- Perceived obligation to suppress emotions
- Perceived obligation to resist help or to resist being vulnerable to others
- The motivation to succeed despite limited resources
- Prioritization of caregiving over self-care

**Strategies to alleviate PPD:**

- Talk therapy
- Support groups
- Physical activity
- Meditation
- Yoga
- Medication
- Massage
- Deep breathing exercise

*Seek professional help to discuss therapy or medication treatment options.*