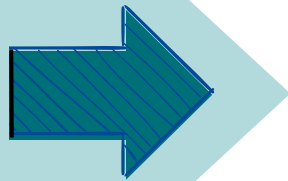


Postpartum Depression

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:

It is not bad to exhibit these characteristics, but suppressing emotions and prioritizing others over yourself can worsen your long-term health and well-being.



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

Seek professional help to discuss therapy or medication treatment options.