

# Feelings After Having a Baby

(Perinatal Mood and Anxiety Disorders)

After having a baby, your body needs time to heal. But your feelings and mood also need care. Your hormones change quickly, you may not get much sleep, and taking care of a new baby can be hard. This can affect how you feel.

## WHAT ARE THE BABY BLUES?

Most new moms (4 out of 5) feel sad, moody, or not like themselves in the first few days after giving birth. This is called the Baby Blues.

You might feel:

- Grumpy or upset
- Sad or like crying
- Not like yourself

These feelings usually start 2–3 days after birth and go away in about 2 weeks.

## WAYS TO FEEL BETTER

Here are some things that might help you feel better:

- Ask family or friends for help
- Join a support group
- Take a break from social media
- Sleep when you can
- Go outside for a short walk and sunshine
- Take a shower to feel fresh
- Eat healthy food and drink water
- Be kind to yourself—you're learning something new!
- Do something just for you each day:
  - Read a book
  - Watch a show
  - Do a craft or hobby you enjoy

## WHAT IF I STILL FEEL SAD AFTER 2 WEEKS?

If you still feel sad or worried after 2 weeks, you might have postpartum depression or anxiety. These feelings are stronger and last longer than the Baby Blues. You might:

- Feel very sad or worried
- Have trouble sleeping, even when the baby sleeps
- Feel like you can't enjoy things
- Feel like you're not doing a good job

It's okay to ask for help. Talk to your doctor at your check-up. They can help you find someone to talk to or give you medicine if needed.

## NEED TO TALK TO SOMEONE?

You can call or text the National Maternal Mental Health Hotline at **1-833-TLC-MAMA**.

- Open 24/7
- Help is available in over 60 languages
- Partners and family members can call too

You can also join a free online support group at **[www.postpartum.net](http://www.postpartum.net)**

For help finding additional resources, call Lovelace Labor of Love at (505)727-7677