

5 Things To Know About Perinatal Depression

1

Depression is a medical condition that impacts how you think, behave and feel. **It is not a flaw, weakness, something that you choose or your fault.**

2

Depression is **common** (13% of women experience postpartum depression, many estimate that the 'real' rate is more like 60%). Depression is **serious** and can impact the way you parent, your health and your relationships to others (including your baby).

3

Depression is frequently **suffered in silence**. We often spend more energy excusing the way we feel rather than accepting how we really feel and finding ways to feel better.

4

Postpartum depression **doesn't follow a timeline**. It can start right after baby is born or much later. If you are depressed in pregnancy you are at a higher risk for postpartum depression. Depression can last as long as five years without treatment.

5

Depression **does not look the way we imagine**. You don't have to sobbing and unable to leave your bed to be depressed. It is different for different people. The commonality is that you do not feel like yourself. Here are some ways that women talk about what perinatal depression feels like to them:

Feeling trapped by reality.

Losing my identity.

Need to appear perfect.

Challenged and overwhelmed.

Failure.

Nameless Chaos.

Fear of being seen as incompetent.

Anger and rage.

Isolation and loneliness.

Anxious.

Indecisive.

Justification instead of acknowledgement of pain.

Extreme fatigue.

Questioning what is normal.

Something is wrong.

Confusion.

Downward spirals.

Faking it.

Guilt and shame.

Numb and disconnected.

Not caring.

Pressure.



www.rootedsupport.ca

The information on this handout has been researched and compiled by Registered Psychologist, Kristin Romanoski. If any part of this document is altered, the information can no longer be relied upon as information provided by a Registered Psychologist. If you're unsure, please feel free to contact Kristin directly. © 2020

