






Postpartum Depression Vs. Blues

Postpartum blues impacts 30-80% of new moms. Onset is usually within 10 days of delivery and peaks on days 3-5. Intense emotion is normal with the blues.

Postpartum depression affects one in ten women. The estimated rate is growing in research (0-60%). 1/3 of women with depression have symptoms that start in pregnancy. Mild to moderate depression is often overlooked as "normal" adjustment or sleep deprivation. Women with severe depression are the most likely to seek help.

Although symptoms overlap there are important differences between depression and the blues.

-  Signs of Postpartum Depression
-  Signs of Postpartum Blues
-  Symptoms that can be either Postpartum Depression OR the Blues

Can't imagine things getting better.

Do not feel like yourself, worry something is wrong.

Things that you used to enjoy don't give you pleasure.

Feelings of guilt, shame, worthlessness, failure.

Postpartum Depression lasts a long time. Most days you feel "off" for more than two weeks (but not ALL days, you can still have good days - which can be confusing).

Thinking baby would be better off without you.

Feel physically different (tired, lethargic, lack of motivation or energy) even after a good sleep.

Tearful.

Anxious. Irritable.

Depressed Mood.

Sleep more than usual or less than usual.

Indecisive.

Lack of concentration.

Crying or sobbing for no understandable reason.

Loss of energy.

Mood Swings.

Short lived (clears up in 2 weeks or less).

Still find enjoyment in things.

Still feel like yourself.