

**NEW LIFE CAN GIVE YOU
SO MUCH JOY!**



**BUT CAN ALSO CAUSE YOU
ANXIETY OR DEPRESSION!**

Don't Wait
for Your Feelings
of
Anxiety or Depression
to Become
Overwhelming!
Contact us Today!

*** Interactive ***
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Counseling for All Ages

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You are boarding an airplane flight and settle into your seat to hear the predictable announcement: "Thank you for flying with us. Please fasten your safety belts. Should it be necessary, oxygen masks will appear from above your heads. Please put your mask on first before helping your children with their masks."

How often have you heard this announcement but rarely apply it to your daily life? As a marriage and family therapist, I consistently have to remind parents that it is important to take care of themselves first so that they can adequately take care of their children.

Postpartum Blues are normal after giving birth. Hormones are changing again, sleep is non-existent, continuing your old routine is impossible, and your older children might be taxing your patience since their schedules and security have been disrupted. You may have feelings of sadness, loneliness, irritability, sleeplessness, or crying for no reason. Postpartum Blues usually only last about 14 days after delivery and then disappear. However, Postpartum Blues can turn into Postpartum Depression when you have experiences of overwhelming feelings for longer than a month. Depression is something that should not be dismissed. Not feeling like yourself or losing interest in hobbies or activities that you once enjoyed should not be ignored.

Postpartum Depression continues to be in the news and is a concern of your physician and myself. If you are experiencing any of the following symptoms don't hesitate to contact one of us immediately:

- Loss of energy, restlessness, or irritability
- Thoughts or actions of suicidal feelings
- Feelings of guilt, hopelessness, or inadequacy
- Changes in sleep or difficulty concentrating
- Appetite changes, anxiety, or excessive crying
- Constant sadness or worthlessness
- Loss of interest in enjoyable activities

You are not alone because Postpartum Depression affects many new mothers. Let me help you find your support, discuss your specific issues and problems, and find solutions that will work for you. Put yourself first and seek help today.