

Depressive Symptoms:

- Difficulty sleeping, even when the baby is sleeping
- Sleeping too much
- Appetite changes
- Feeling irritable, angry, or nervous
- Feeling exhausted
- Lack of ability to enjoy life as much as in the past
- Lack of interest in the baby
- Lack of interest in friends and family
- Lack of interest in sex or even being touched
- Feeling guilty or worthless
- Feeling hopeless
- Crying for “no reason”
- Feeling as if you are a bad mother
- Difficulty concentrating or focusing
- Thoughts of harming self or the baby