

# What About Postpartum Adjustment?

During the first days and weeks after giving birth, 80-90% of women feel tearful and anxious. This is due to lifestyle and hormonal changes.

You may feel overwhelmed and sad after the delivery of your baby. Even though you love your baby, you may cry, feel irritable, extremely tired, or angry. When this happens:

- Realize these feelings are normal
- Take a break
- Put baby down in a safe place and walk away for a few minutes
- Take good physical care of yourself
- Exercise when appropriate
- Talk about your feelings with family and friends
- Eat small healthy snacks and drink extra water
- Take a shower or bath to relax
- Ask family and friends for help, so you can get a break
- Take a nap when you can
- Talk to your doctor or health care provider

Because infants are demanding of your time and energy, try to reduce your stress level:

- Understand that caring for baby is a full-time job
- Lower your housekeeping standards for a while
- Get out of the house, by yourself, at least once a week
- Talk to other new moms
- Share your feelings with your partner

What if you do these things and are not feeling better after a few weeks?

Up to 20% of all women have more prolonged or serious reactions at this time. Just when you think you might be feeling better, the symptoms may worsen



Some women have:

- Anxiety attacks
- Depression
- Excitability or agitation
- Inability to sleep unrelated to waking for baby care
- Lack of appetite
- Problems with concentration or “focusing”

Don't wait. If you have any of these things, call your health care provider, hospital or Common Ground.  
(1-800-231-1127)

There is help nearby

Some women feel they may harm themselves or their baby. They may lose touch with reality. The physical and psychological stress of birth can trigger this reaction. This is an emergency. Someone needs to get you to a hospital immediately. Early treatment can lead to quicker recovery.

Questions? Telephone our **Nurse On Call**  
All Office Areas 800.848.5533



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