

Perinatal Mood & Anxiety Disorders

These illnesses affect

1 IN 5 women

during pregnancy or the first year postpartum.



They are caused by changes in biology, psychology, hormones and environment.



Signs & Symptoms of Anxiety

Panic Attacks

Sudden, intense rush of fear that lasts for about ten to fifteen minutes. They often come out of nowhere and can seem terrifying but are generally harmless.

Symptoms include:

- Racing Heart
- Lightheadedness or dizziness
- Numbness or tingling in the hands or feet
- Sweating, trembling
- Feeling short of breath
- Feeling of choking
- Chest pain or discomfort
- Nausea
- Chills or hot flashes
- Fear of Dying

Post-Traumatic Stress

Can occur after many types of traumatic experiences, like domestic violence, rape, childhood abuse, labor and delivery or any experience where a person feels intense terror, horror or helplessness. Reexperiencing the trauma is one of the main experiences of post-traumatic stress.

Symptoms include:

- Intrusive thoughts
- Intrusive images
- Nightmares
- Flashbacks
- Difficulty sleeping
- Difficulty concentrating
- Irritability or anger
- Despair

Worry

Defined as catastrophic thinking about the future, beyond normal worry.

Physical symptoms include:

- Restlessness
- Fatigue
- Difficulty Concentrating
- Irritability
- Muscle tension
- Insomnia

Obsessions

Unwanted or intrusive thoughts, impulse or image that causes distress.

Four main obsessions include:

- Contamination
- Doubting
- Harming
- Sexual

Compulsions

Rituals or repetitive behaviors designed to ward off disaster or reduce stress.

Rituals and behaviors include:

- Checking
- Washing
- Avoidance
- Reassurance Seeking



You are not alone. You are not to blame. You will get well.