



Managing anxiety and depression as a new mom

Expecting a new baby can leave you feeling both excited and nervous. And COVID-19 has only created more uncertainty for new moms.

Maybe you feel alone because of social distancing, or are worried about you or your baby getting sick. This is normal. Watch for signs of anxiety and depression. Then talk about them with your care provider at your prenatal and postpartum appointments.







Anxiety is more than just feeling worried.

Having anxiety can look different for every mom.

You might have anxiety if you:

- Start feeling disorganized.
- Feel like you can't cope.
- Feel alone or frightened.
- Can't focus on a task.

Managing anxiety might include:

-  Getting plenty of sleep (both at night and during daytime naps).
-  Limiting time spent on the news and electronics.
-  Staying hydrated.
-  Avoiding foods that are high in fat or sugar.
-  Calling family and friends.
-  **Prioritizing self-care.**




Depression is more than just feeling sad.

Depression is a real illness that requires the help of a care provider to get better.

You might be facing depression if you have:

- Loss of energy or increased anger.
- Feelings of guilt, helplessness or feeling down.
- Difficulty falling asleep or sleeping more than usual.
- Suicidal thoughts or attempts.

Treating depression might include:

-  Taking medications that are safe for you and your baby.
-  Seeing a mental health practitioner.
-  Connecting with other moms.

Managing depression should always be done with your care provider.

In light of COVID-19, remember to practice social distancing at your prenatal and postpartum appointments. Wash your hands often and wear a mask. Contact your care provider with any concerns.