

# Perinatal Mood & Anxiety Disorders

Perinatal mood and anxiety disorders can occur anytime during pregnancy and through the first year of postpartum.

## Symptoms



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with the baby



Loss of interest, joy or pleasure in things you used to enjoy



Disturbances of sleep or appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes and nausea



Possible thoughts of harming the baby or yourself



### Risk Factors

- History of depression, anxiety, obsessive-compulsive disorder
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage, or infant loss
- Premenstrual syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of breastfeeding
- History of abuse
- Unwanted or unplanned pregnancy

### Treatment Options

Counseling  
Medication  
Support from others  
Exercise  
Adequate sleep  
Healthy diet  
Bright light therapy  
Yoga  
Relaxation techniques