

# Postnatal Depression and the Utter Weirdness of New Motherhood

Becoming a mother is a life-changing experience, but for many women, it can also be a time of immense emotional turmoil. Postnatal depression (PND) is a common condition that affects up to 1 in 10 women after giving birth, and it can have a profound impact on both the mother and her family.



## After the Storm: Postnatal Depression and the Utter Weirdness of New Motherhood by Emma Jane Unsworth

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2820 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 158 pages



In her book, *Postnatal Depression and the Utter Weirdness of New Motherhood*, author Sarah Ockwell-Smith shares her own experiences of PND with raw honesty and vulnerability. She explores the complex emotions that new mothers often face, including feelings of inadequacy, guilt, and shame. She also discusses the importance of seeking help and the different treatments that are available.

Ockwell-Smith's writing is both insightful and compassionate, and she offers a much-needed perspective on a condition that is often misunderstood and stigmatized. Her book is a valuable resource for any woman who is struggling with PND, as well as for those who want to understand the challenges that new mothers face.

## **What is Postnatal Depression?**

Postnatal depression is a type of depression that can develop during pregnancy or within the first year after giving birth. It is a serious condition that can have a significant impact on the mother's physical, emotional, and mental health. Symptoms of PND can include:

- Feeling sad or irritable most of the time
- Losing interest in activities that you used to enjoy
- Having trouble sleeping or sleeping too much
- Changes in appetite or weight
- Feeling anxious or panicky
- Having difficulty concentrating or making decisions
- Feeling guilty or worthless
- Having thoughts of harming yourself or your baby

If you are experiencing any of these symptoms, it is important to seek help from your doctor or other healthcare professional.

## **What Causes Postnatal Depression?**

The exact cause of PND is unknown, but it is thought to be caused by a combination of factors, including:

- Hormonal changes
- Sleep deprivation
- Stress
- A history of depression or anxiety
- Having a difficult birth
- Having a baby with health problems

PND is not a sign of weakness or failure. It is a common condition that can affect any woman, regardless of her age, race, or socioeconomic status.

### **How is Postnatal Depression Treated?**

There are a number of different treatments that can be used to treat PND, including:

- Therapy
- Medication
- Self-help strategies

The best treatment for PND will vary depending on the individual woman. It is important to discuss the options with your doctor or other healthcare professional to determine the best course of treatment for you.

### **Getting Help for Postnatal Depression**

If you are struggling with PND, it is important to seek help. There are many resources available to help you get the support you need. Here are some tips for getting help:

- Talk to your doctor or other healthcare professional.
- Contact a mental health professional.
- Join a support group for women with PND.
- Talk to your family and friends.
- Take care of yourself.

Remember, you are not alone. Many women experience PND, and there is help available. With the right support, you can recover from PND and enjoy your new role as a mother.



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