

Title:

Baby Blues: The Challenges of Postpartum Depression

Word Count:

637

Summary:

This article provides information regarding ^baby blues~ --- a mental and emotional state that

Keywords:

postpartum depression, pregnancy, depression

Article Body:

Being pregnant can be one of the most happiest moments in life that a woman could ever have. I

During this trying stage of a woman, she constantly feels and experiences different thoughts a

After giving birth, a woman can experience a thousand thoughts about the baby, whether good or

However, some women may experience these heightened state of emotions by having postpartum dep

1 depressed mood

1 easily provoked to tears

1 have trouble falling asleep

1 poor appetite

1 failure to enjoy pleasurable activities

1 feelings of inadequacy as a parent

1 impaired concentration

1 suicidal thoughts.

These symptoms can be seen in a woman if she acts differently towards herself and her baby as

If a woman has postpartum depression, they may worry a lot when it comes to their baby, partic

A big part of preventive care for postpartum depression entails becoming fully informed about

Doctors will always play a key role in identifying and treating this type of depression. Women

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