

Your mental health matters

Symptoms of

Many people with postnatal anxiety disorders often describe feeling like they are 'going crazy' or 'losing their mind' as racing thoughts keep coming back and causing them to feel the range of physical and emotional symptoms. This can be also exacerbated by the lack of sleep that can come not only with anxiety but also with a new baby. Women experiencing postnatal anxiety may find themselves checking on the baby continually (even when asleep) for fear that they will stop breathing, or have visions of something terrible happening to the baby that would harm them.

Post Partum Anxiety

Feelings of fear/worry that 'take over'



Recurrent worries that you are not doing something right/something bad will happen



Feeling irritable, tense, restless or constantly 'on edge'



Unable to sleep, even when you have the chance

Racing heart, palpitations and/or panic attacks



Avoiding situations in case something bad happens



For more information, please visit: www.cryingcolic&beyond.com