

NO MOOD DISORDER

MAKES YOU
FEEL TIRED

HAPPENS SHORTLY
AFTER BIRTH

MAKE YOU FEEL
EXCITED

FORGETFUL AND
DISTRACTED

JOY

FOR GOOD
REASONS

HAPPY AND
HOPEFUL

FULL OF
POSSIBILITIES

IS SOMETHING YOU
LOOK FORWARD TO

YOU GET INTO A
GOOD ROUTINE

THE BABY BLUES

MAKES YOU
FEEL EMOTIONAL

DOESN'T HAPPEN
IMMEDIATELY

MAKE YOU FEEL
OVERWHELMED

FOGGY AND
UNCLEAR

SADNESS

ABOUT MINOR
THINGS

WEEPY AND
EMOTIONAL

FAR AWAY

IS INTIMIDATING

YOU FEEL MUCH
BETTER

POSTPARTUM ANXIETY

MAKES YOU
FEEL IRRITABLE

CAN BE EXTREME
AND OBSESSIVE

MAKE YOU FEEL
A LOSS OF CONTROL

IMAGINING WORST
CASE SCENARIOS

OVERWHELM

ABOUT
EVERYTHING

WORRIED

SCARY AND
DANGEROUS

IS SOMETHING YOU
TRY TO AVOID

YOU FEEL
EXHAUSTED

POSTPARTUM DEPRESSION

MAKES YOU
FEEL ANGRY

CAN BE
DIFFICULT

MAKE YOU FEEL
WORTHLESS

FULL OF INTRUSIVE
THOUGHTS

FRUSTRATION

IF YOU ARE FIT
TO BE A MOTHER

NOTHING

NON-EXISTENT

IS IMPOSSIBLE

YOU FEEL MUCH
WORSE

**SLEEP
DEPRIVATION**

**BONDING
WITH BABY**

**THE CHANGES
IN YOUR LIFE**

**YOUR MIND
IS**

**YOU CRY
TEARS OF**

**YOU
WORRY**

**MOST OF THE
TIME YOU FEEL**

**THE FUTURE
SEEMS**

**LEAVING THE
HOUSE**

**AFTER A FEW
WEEKS**