	NO MOOD	THE BABY	POSTPARTUM	POSTPARTUM
	DISORDER	BLUES	ANXIETY	DEPRESSION
SLEEP	MAKES YOU	MAKES YOU	MAKES YOU	MAKES YOU
DEPRIVATION	FEEL TIRED	FEEL EMOTIONAL	FEEL IRRITABLE	FEEL ANGRY
BONDING	HAPPENS SHORTLY	DOESN'T HAPPEN	CAN BE EXTREME	CAN BE
WITH BABY	AFTER BIRTH	IMMEDIATELY	AND OBSESSIVE	DIFFICULT
THE CHANGES	MAKE YOU FEEL	MAKE YOU FEEL	MAKE YOU FEEL	MAKE YOU FEEL
IN YOUR LIFE	EXCITED	OVERWHELMED	A LOSS OF CONTROL	WORTHLESS
YOUR MIND	FORGETFUL AND	FOGGY AND	IMAGINING WORST	FULL OF INTRUSIVE
IS	DISTRACTED	UNCLEAR	CASE SCENARIOS	THOUGHTS
YOU CRY TEARS OF	JOY	SADNESS	OVERWHELM	FRUSTRATION
YOU	FOR GOOD	ABOUT MINOR	ABOUT	IF YOU ARE FIT
WORRY	REASONS	THINGS	EVERYTHING	TO BE A MOTHER
MOST OF THE TIME YOU FEEL	HAPPY AND HOPEFUL	WEEPY AND EMOTIONAL	WORRIED	NOTHING
THE FUTURE SEEMS	FULL OF POSSIBILITIES	FAR AWAY	SCARY AND DANGEROUS	NON-EXISTENT
LEAVING THE HOUSE	IS SOMETHING YOU LOOK FORWARD TO	IS INTIMIDATING	IS SOMETHING YOU TRY TO AVOID	IS IMPOSSIBLE
AFTER A FEW	YOU GET INTO A	YOU FEEL MUCH	YOU FEEL	YOU FEEL MUCH
WEEKS	GOOD ROUTINE	BETTER	EXHAUSTED	WORSE

*This infographic is designed for educational and awareness purposes only and is not meant to be a replacement for medical advice. Symptoms of mental illness can vary. Always speak to your doctor if you are concerned about your mental health. Additional resources available at: http://runningintriangles.com