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Tips For Dealing With Postpartum Depression

Postpartum depression is a serious problem. It is experienced on some level by millions of women each year after the birth of a child. Postpartum depression symptoms can include feelings of sadness, bouts of crying, guilty and worthless feelings, lack of energy and fatigue, ease of agitation, anxiety, sleep problems, lack of interest in sex, feeling rejected, lack of concentration, among other symptoms. For serious bouts of postpartum depression, it's important to get professional help. However, for milder forms, there are many things you can do to help treat and alleviate this disease right at home.

Talk It Out

This may be an obvious one, but just letting your feelings out to a friend or family member can be one of the best things you can do for postpartum depression. Make your feelings known and let others know you are suffering with this disease. Make sure you have the support of your friends and family, to talk to, and just to be around so you aren't alone. In addition, consider talking to other new baby mothers, many of them will know exactly what you're going through and can offer helpful advice.

Avoid Being Alone

Try to avoid being alone for long periods of time. Being alone, especially with little to do, can compound your feelings and even make them worse. With people around, even just in a public place or at home with family, your mind will be more distracted and less concentrated on your feelings of depression. Distraction alone is an excellent treatment technique for many mental health issues. Just getting your mind off of your problems and focusing all your energy on something else can do a world of good for your mental health.

Stick To Your Routine

Get up at your normal time. Avoid staying in bed all day long, make yourself get up if you must. Take your morning shower and follow your normal beauty

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routine. Getting back to your usual routine can help you get back into your normal state of mind.

Take Care Of Your Health

Don't forget to take care of your own health. Make sure to eat three solid, healthy meals per day. Drink plenty of water. Get plenty of rest, take naps if you feel you need them. Don't neglect taking care of yourself.

Pamper Yourself

Make yourself feel special by pampering yourself. Hire a babysitter and go out for the night, take a long bubble bath, give yourself an afternoon of shopping, go to the movies or a concert, you must not forget to treat yourself well. Even just going for a long walk in some fresh air would be a nice gift to yourself. Take the time to smell the flowers or enjoy a beautiful sunrise or sunset.

Don't Pressure Yourself

Above all, don't expect yourself to just snap out of it. Give yourself time to get used to not being pregnant anymore.

Professional Help

If after a couple weeks, you don't feel at least somewhat better, make sure to seek professional help. There are many effective treatments for postpartum depression including counseling and medication. These days, there is even a form of counseling available at home, called eCounseling, where you won't even have to leave your home to talk to certified counselors.

About The Author

Lydia Quinn writes for Tranquil Counseling, a leader in eCounseling services. Bringing professional counseling to you in your home. Offering effective, private treatment for postpartum depression and other mental health issues.

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