



NORMAL ADJUSTMENT ISSUES	POST PARTUM DEPRESSION SYMPTOMS
Occasional worries that come and go	Relentless anxiety that never goes away
Negative feelings & thoughts that come and go	Negative feelings that outweigh the positive feelings
You can take care of yourself and your baby	You are unable to cope with your life or your baby
Some escape fantasies	Thoughts about harming yourself or your baby
Poor sleep due to caring for your baby	Not being able to sleep when the baby sleeps at night, or needing to stay in bed all the time
Fatigue	Extreme exhaustion or agitation
Normal appetite with normal fluctuations	Compulsive overeating or ongoing loss of appetite
Some forgetfulness	Severe inability to concentrate and focus
Moments of sadness, anger or irritability	Intense feelings of sadness, anger or irritability that do not go away
Needing a break from responsibilities and from your baby	Avoiding your baby
Wanting to limit visitors and activity	Withdrawing from the world and becoming isolated