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Physical Symptoms Associated with Postpartum Depression

Headaches Difficulty breathing Palpitations Hot flashes/chills Panic attacks Nausea/upset stomach Extreme agitation Fatigue Poor concentration	Nightmares Insomnia Excessive sleeping Shakiness Loss of appetite Sugar and/or starch cravings Overeating Lack of energy
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Emotional Symptoms Associated with Postpartum Depression

Inadequacy Sadness Guilt Isolation Anger Resentment Shame Loss of control Lack of confidence Thoughts of hurting yourself Thoughts of hurting your baby Scary fantasies Feeling "I'm not myself" Being overwhelmed Depletion	Poor concentration Excessive crying Loneliness Helplessness Anxiety Fear Hopelessness Worthlessness Irritability Low self-esteem Oversensitivity Confusion Extreme agitation Inability to laugh
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Kleiman, K and Valerie Raskin. *This Isn't What I Expected*. New York: Bantam Books, 1994.

This handout is for informational purposes only and is not intended to be diagnostic. If you feel that you may have postpartum depression or postpartum psychosis, schedule an appointment immediately with your physician, psychologist or counselor for a complete evaluation.