



# Understanding Post-Partum Depression

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Sometimes referred to as “baby blues”, or more commonly, post-natal depression, post-partum depression affects roughly 20% of people who have recently given birth. New mothers may experience things like extreme changes in mood or sudden crying episodes that seemingly come out of nowhere.

While both of the terms post-natal and post-partum are used to describe this mental health issue, post-partum tends to refer to the mental health and wellbeing of the mother, instead of the child.

## Symptoms of Post-Partum Depression

A high number of women will experience anxiety, mild depression, and being tearful for the first week or two after giving birth. Considering the number of changing hormones and added responsibilities that a new baby brings, this is perfectly normal and understandable.

However, if these symptoms persist, or the symptoms begin after the first few weeks after having a baby, then it could be a sign of post-natal post-partum depression. This form of depression can occur at any time within the first 12 months of giving birth, and some of the most common symptoms are as follows:

- A significant drop in energy or feeling tired constantly
- Sleeping a lot during the day but finding it hard to sleep at night
- Difficulty concentrating or making simple everyday decisions
- Struggling to bond with your baby
- Intrusive thoughts about harming your baby
- A constant feeling of hopelessness, sadness, and low mood
- Biological/hormonal changes during pregnancy
- Unexpected sudden loss or bereavement

Unlike what many still refer to as the “baby blues”, this kind of depression won’t go away without active steps towards treatment and discussing how you feel with a medical professional.

## Treating Post-Partum Depression

Treating this form of depression can come in the form of therapy, medication, and mental health counselling. But in other cases, lifestyle changes like diet, exercise, and mindfulness can also play a part in treating post-natal depression.

As always, before making any decisions regarding your mental health and how to treat it, it’s always best to discuss it with a mental health professional.

## Post-Partum Depression: Final Thoughts

This form of depression can be managed and supported with the right guidance and help. Never forget that while this predominantly affects women, men are also able to develop post-partum depression.

Raising a child and caring for a newborn is one of the most rewarding but challenging things a person can ever do.

Doing what’s best for you and your child is the first step towards better wellbeing in life and mental health at work. Never forget that our counsellors are ready to listen to you, 24/7.

## What Causes Post-Partum Depression?

There’s no one universal cause of this condition, and the reasons for someone developing this form of depression can vary. It can also be triggered by experiences before becoming pregnant, post-pregnancy, or during pregnancy.

Below are some of the potential causes of post-partum depression: Stress and anxiety caused by money issues or living conditions:

- Complications during childbirth or pregnancy
- Stress and anxiety caused by money issues or living conditions
- Previously undiagnosed mental health problems
- A lack of support from others during pregnancy
- Verbal, mental, physical, or sexual abuse



# A Guide to Doing a Digital Detox

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In the UK alone, it's estimated that we spend an average of 4 hours and 14 minutes on our phones every day. And while there's a lot of entertainment and resources at your fingertips, there's also a lot of stress and pressure that can come from being attached to your digital devices.

Research shows that taking some time away from your digital comforts can help you to sleep better and improve your overall mood, so that you can come back recharged and ready to log in again.

### Workplace Apps and other Digital Devices

Maintaining good mental health in the workplace is important and sometimes it is tempting to check work emails from the comfort of your sofa or catch up on the latest Teams or Slack messages. But a separation between work and home life is an important part of establishing boundaries that prioritise your wellbeing before your workload.

Work on checking these messages within your actual contracted hours. In a few days, you'll soon notice a huge difference in how much more relaxed you feel!

### Social Media Feeds and Intrusive Thoughts

Social Media has many uses, but it can also make us feel inferior. From filtered images of airbrushed influencers and unachievable beauty standards to seeing people we know celebrating successes we'd like to achieve for ourselves, it can begin to weigh heavily on our mental health.

Allow yourself 2-4 weeks away from social media. Use that spare time to work on your own personal goals and developments. After all, that's how to put plans in action to accomplish your dreams without comparing yourself to others.

### More Free Time and Increased Productivity

Deleting your apps for just a month will offer you a surprising amount of free time to make use of. That hobby you've always wanted to start up? There's time! That skill you've always wanted to learn? There's time!

In time, you'll find that putting the phone down and focusing your own personal needs can make you more productive, positive, and driven.

### Signs That it's Time to Take a Digital Detox

If you feel that these statements relate to your relationship with technology, then it may be time to take a break from your digital comforts and focus on yourself for a while.

- Your devices tend to put you in a worse mood after scrolling through them
- You think about social media more than you do doing things in real life

- You feel anxious when you're not near your phone
- You struggle with communicating to others in person
- You find yourself depressed or anxious after looking through social media
- You constantly compare your life and success to other people on social media

If any of the above apply to you, please don't hesitate to reach out to our team of counsellors for a confidential chat.