



# *The Whole Mom's Guide to Telling the Difference Between Baby Blues and Postpartum Depression*

[www.stefanieoverstreet.com](http://www.stefanieoverstreet.com)

## *Baby Blues*

A mom may experience the "baby blues" in the first 2-3 weeks after birth in response to hormones shifting, lack of sleep, exhaustion and adjusting to the rhythm of caring for a newborn. Mom may experience mood swings, tearfulness, or feeling overwhelmed. The baby blues are normal and resolve on their own by 3 weeks postpartum.

## *Postpartum Depression*

One in seven moms experiences postpartum depression to some degree. At first, postpartum depression starts out like baby blues with mood swings, tearfulness, sadness, irritability, and insomnia. The difference is that these symptoms may worsen instead of getting better, and they can be more severe.





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## *Postpartum Depression Continued*

One of the most common symptoms is actually anxiety. In addition to symptoms mentioned earlier, a mom may also experience fatigue, brain fog or difficulty concentrating, anger, lack of interest in baby, change in appetite or sleep, feelings of guilt, shame or unworthiness, loss of interest in things she once enjoyed and unwanted thoughts of harming herself or baby. Only a few of these may be present, but they still should not be ignored.

## *When to Seek Help*

A mom is encouraged to seek help as soon as she suspects she is struggling with more than the baby blues. The symptoms typically will not go away without any kind of support. Support is not limited to medication, there are many other options including talk therapy, support groups and holistic practitioners.





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## *Where to Seek Help*

Postpartum Support International- Call 1-800-944-4773 or Text 503-894-9453 available 24 hours a day. PSI will provide reassurance and can help a mom find support and resources local to her area. [www.postpartum.net](http://www.postpartum.net)

## *P.E.A.C.E. Method*

Stefanie created the P.E.A.C.E. Method as a holistic approach to helping mothers experiencing postpartum depression/anxiety.

Her method takes into account P-practical resources, E-emotional wellness, A-abundance, C-confidence and E- expectations. For more information, visit

[www.stefanieoverstreet.com](http://www.stefanieoverstreet.com)

References: [www.postpartum.net/learn-more/depression-during-pregnancy-postpartum](http://www.postpartum.net/learn-more/depression-during-pregnancy-postpartum)  
<https://www.helpguide.org/articles/depression/postpartum-depression-and-the-baby-blues.htm>

