

For Postpartum Women

CBT (cognitive behavioral therapy) is an evidence-based treatment approach and recommended for women with perinatal mood and anxiety disorders. Find out whether you have postpartum depression and/or anxiety by answering the questions below.

Depression

- ☐ Are you feeling sad or down and find yourself crying more than usual?
- ☐ Are you feeling discouraged or hopeless about motherhood and life?
- ☐ Do you have low self-esteem, feel worthless, or feel inferior to other moms?
- ☐ Do you feel a loss of motivation to engage with your baby and life?
- ☐ Have you felt a loss of pleasure or satisfaction in life since pregnancy or after having your baby?

Anxiety

- ☐ Are you feeling frightened, anxious, and/or nervous about motherhood?
- ☐ Are you worrying about things more than usual?
- ☐ Are you feeling tense or on edge, like you can't relax?
- ☐ Do you have thoughts that are scaring you?
- ☐ Are you feeling frustrated, annoyed, or more irritated than usual?

If you've answered "yes" to two or more questions under each category, and it's been over 2 weeks since you've had your baby, you may be experiencing at least moderate postpartum depression and/or anxiety and could benefit from therapy.

Email thaian@lastingchangetherapy.com to schedule a free 15-minute phone consultation to explore possible treatment options. You can feel like yourself again and enjoy life with your baby and other loved ones.

www.lastingchangetherapy.com