

# COMMUNITY NEWSLETTER!



**#DidYouKnow** that 75% of women who experience MMH Symptoms go untreated...

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## MANAGING STRESS & ANXIETY DURING PREGNANCY

This Month is Maternal Mental Health (MMH) Month! Each year, we use this month to raise awareness about the emotional well-being of mothers during pregnancy and after giving birth.

Affecting approximately 1 in 5 women, MMH conditions are some of the most common complications of pregnancy and childbirth — with depression and anxiety being the most frequent.

Any woman can develop depression or anxiety, regardless of age, marital status, education, or income level. However, there are certain factors that increase a woman's chance of suffering from these medical conditions. These include a family history of depression, past physical or sexual trauma, hormones, and even life stress.

When you're pregnant, there are days when you may experience every possible emotion (hello, hormones!). But one of the most common feelings that many expecting mothers experience throughout their pregnancy is stress—stress about your baby, stress about your body, stress about prepping for the baby's arrival, stress about life changes — you name it.

And while it's normal to experience these emotions, long-term or severe stress during your pregnancy isn't good for you or your baby. In fact, high levels of constant stress can make pregnancy symptoms worse (like trouble sleeping, body aches, etc.) or contribute to larger issues like high blood pressure and maternal mental health (MMH) conditions. For this reason, finding ways to manage stress is important for any mama-to-be. Turn to **Page 3** for **5 Stress-Reducing Tips to Try During Pregnancy**!

# Baby Blues Vs Postpartum Depression: How To Tell the Difference



Bringing a new baby home can be one of the most joyful times in a woman's life, but it can also come with its challenges. Many new mothers typically feel overwhelmed and experience anxiety and irritability in the first few weeks after giving birth.

After delivery, the amount of hormones in a woman's body dramatically decreases, often causing mood swings. Throw in sleep deprivation, physical discomfort, and frustrations with breastfeeding... and it's expected and normal for any new parent to experience these emotions.


These feelings often begin when your newborn is just 2 or 3 days old, but you should start feeling better after a week or two. This time is known as the "baby blues."

The baby blues are very common. However, it is important to know the difference between that and postpartum depression. Postpartum depression is a far more serious condition. It can interfere with a mother's ability to take care of and bond with her baby, as well as harm the child's development and safety.

Consequently, if you have sad feelings that become more severe or last longer than 2 weeks, please talk to your healthcare provider. And if you're unsure of the difference — here's a chart to help, so you can cope, recover, and stay healthy for you and your baby.

## Baby Blues vs. Postpartum Depression

	The Baby Blues	Postpartum Depression
Occurrence	As many as 8 out of 10 women	Approximately 1 in every 10 women
Average Duration	Normally lasts up to two weeks	Postpartum depression can persist for months if left untreated
Onset/Start	Within 2-3 days after giving birth	Any time in the first year of childbirth
Treatment	Take time for yourself and practice stress reduction techniques.	Talk to your doctor and seek professional help (ex. counselling or therapy).



# 5 Ways to Reduce Stress During Pregnancy



## 1. Breathe

Stress can have a major effect on your breathing. It can cause you to take shorter, shallower breaths which decreases the oxygen in your body. When you feel yourself getting stressed, sit or lie down, close your eyes, and take at least five deep breaths through your nose and out through your mouth. As you breathe, try to relax and let your stress slip away.

## 2. Get Plenty Of Rest

When you don't get enough sleep, your body and mind quickly become exhausted. This can lead to an increase in negative thoughts and emotions which, in turn, can cause stress.

If you're having problems sleeping at night, we suggest taking a nap during the day. Even a quick, 20-minute cat-nap can help your body and mind relax.

## 3. Move Your Body

Go on a walk. Not only is including some movement into your day good for your body—it's good for your mind, too. Exercise releases chemicals in the body called endorphins, which can improve your mood and even relieve symptoms of depression and anxiety.

## 4. Eat Right

Growing a human is a lot of work, so ensuring you get a good mix of healthy foods (and plenty of water) is one of the best forms of self care.

## 5. Talk

Sometimes just sharing your feelings or worries with someone else can take some of the weight off of your shoulders. Talk to other pregnant women or new mothers. There are also programs like Sister Friends Tallahassee and Healthy Start that can provide FREE & Confidential one-on-one support.

## CAHSC 2022-2023 Board of Directors

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## The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Hickory Hills Apartments



THIS MONTH: Making Miracles Group Home

# What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



Never sleep with your baby - Babies should always sleep in their cribs ALONE!

If you bring your baby into your bed to feed or comfort them, place them in their own sleep space when you're ready to go to sleep. The risk of sleep-related infant death is up to 67 times higher when infants sleep with someone on a couch, soft armchair or cushion.

