

What you can do about PMADs



Women are more likely to develop depression & anxiety during the first year after childbirth than at any other time in their life. (National Perinatal Association, 2018).

*PMADs are common:
about 1 in 5 women
experience a PMAD!*

You can protect your emotional and mental health as a new mother by considering the following:



Inform yourself of the symptoms & warning signs



Build a postpartum support network



Notice your negative thoughts and replace them with supportive ones (try Cognitive Behavioural Therapy)



Practice healthy lifestyle habits (good nutrition, regular exercise/movement, adequate sleep/rest, time to yourself)



Establish stress management strategies (stretching, journalling, breathing, setting manageable goals, etc.)

You're not alone!

If you are facing significant disturbances of PMAD, do advocate for yourself & explore treatment options, and consult with a mental health professional! PMADs are HIGHLY responsive with the right approach.

**Try our
Postpartum
Depression &
Anxiety Workbook!**

