



SUPPORTING MATERNAL MENTAL WELLNESS


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OU MEDICINE, OU PHYSICIANS WOMEN'S HEALTH

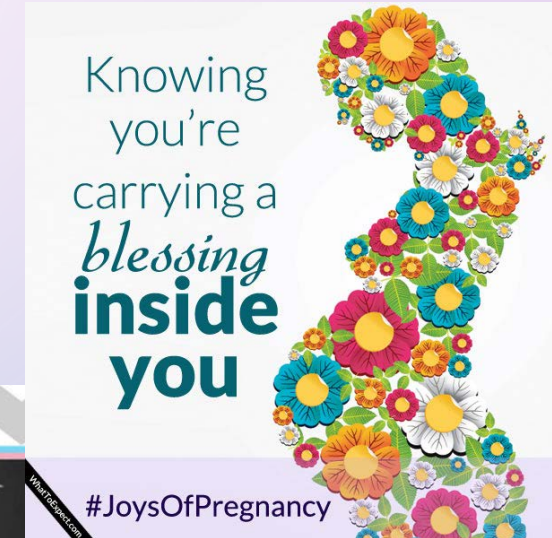
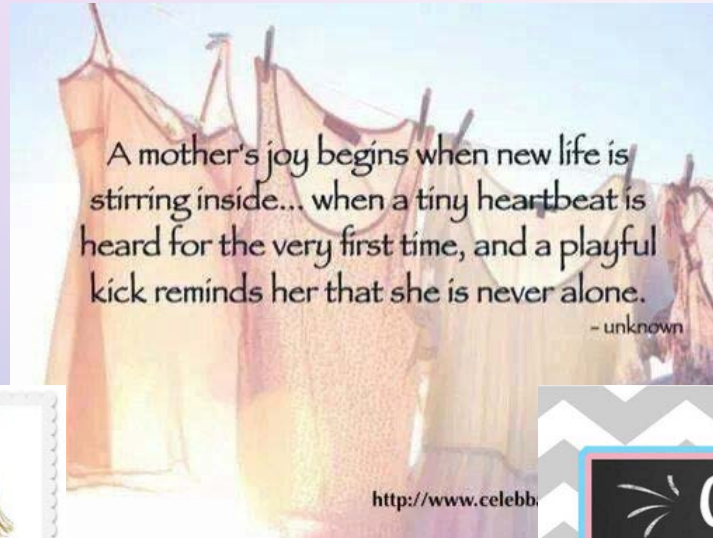




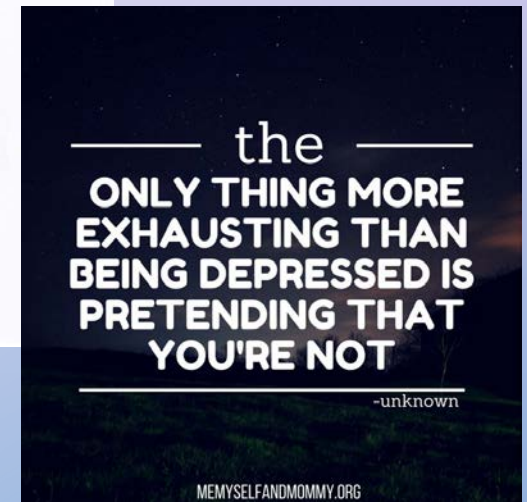
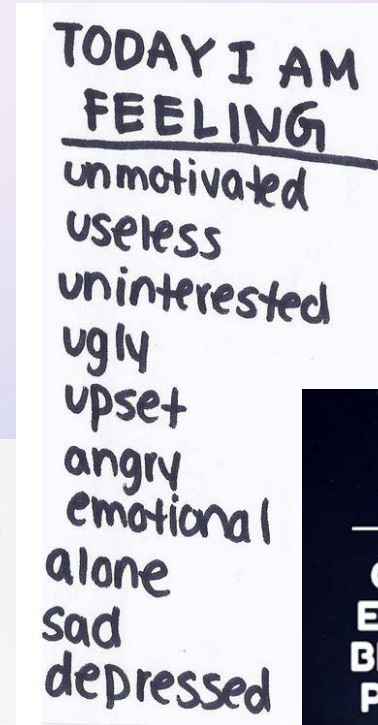
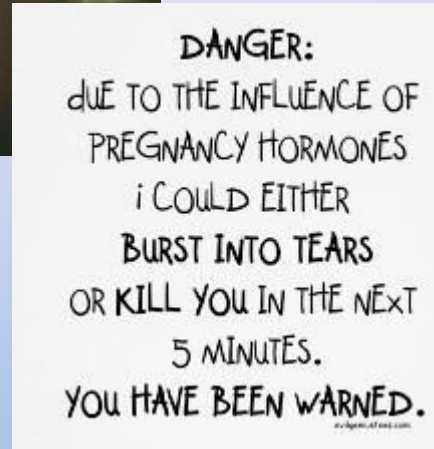
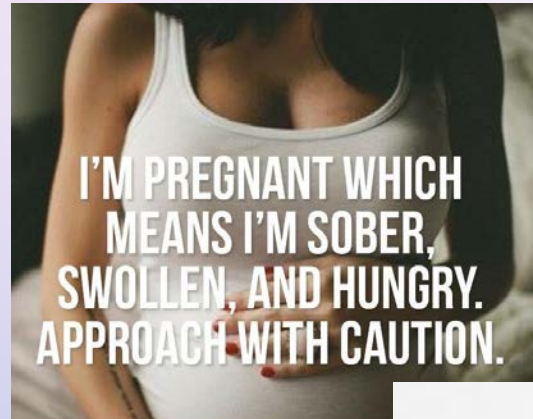
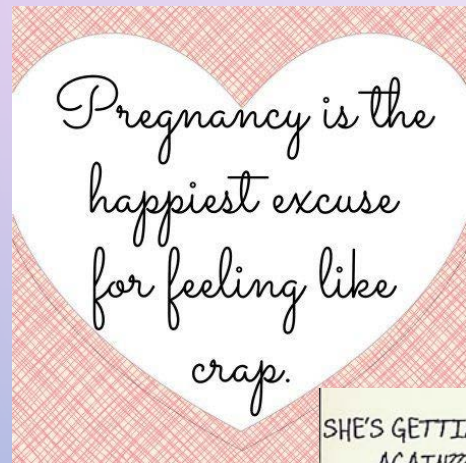
LEARNING OBJECTIVES

- IDENTIFY 2 MOST COMMON MATERNAL MENTAL HEALTH CONDITIONS DURING AND AFTER PREGNANCY
 - IDENTIFY 3 COMMON SYMPTOMS OF ANXIETY AND DEPRESSION IN WOMEN
 - LEARN THREE WAYS TO SUPPORT PREGNANT AND PARENTING MOTHERS WITH PSYCHOSOCIAL STRESS
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EXPECTATIONS



VS. REALITY





FROM POST PARTUM DEPRESSION TO PERINATAL MENTAL HEALTH

- BABY BLUES
 - ANXIETY
 - DEPRESSION
 - BIPOLAR MOOD DISORDER
 - PSYCHOSIS
- 


BABY BLUES

- 80%
- CLOSE TO POST DELIVERY – “2 TO 4 WEEKS” POST DELIVERY
- MAY LAST UP TO TWO WEEKS
- DEPRESSION SYMPTOMS BUT IMPROVES WITHIN 2 WEEKS
- SUPPORT: PROACTIVE PLANNING; ASSESS SUPPORTS, DEPRESSION MANAGEMENT TOOLS





ANXIETY

- OFTEN CO-OCCURS WITH DEPRESSION
 - SYMPTOMS
 - FEELINGS OF NERVOUSNESS, ANXIOUS OR ON EDGE
 - WORRYING TOO MUCH AND CAN'T STOP
 - RESTLESS, VERY DIFFICULT TO RELAX
 - “FEELS LIKE I’M COMING OUT OF MY SKIN”
 - IMPENDING SENSE OF DOOM
 - SUPPORT: MINDFULNESS, PSYCHOTHERAPY, MEDICATION
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DEPRESSION

- 1 IN 7 / 1 IN 5
- SYMPTOMS:
 - ANHEDONIA
 - FEELING DOWN/ DEPRESSED/ HOPELESS
 - SLEEP FALLING OF STAYING ASLEEP / OVER SLEEPING
 - OVERWHELMING FATIGUE
 - APPETITE CHANGES
 - DIFFICULTY CONCENTRATING
 - THOUGHTS OF SELF HARM
- SUPPORT: MOOD BOOSTERS, PSYCHOTHERAPY, MEDICATION
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=BHBFCA2LOES](https://www.youtube.com/watch?v=BHBFCA2LOES)

— the —
**ONLY THING MORE
EXHAUSTING THAN
BEING DEPRESSED IS
PRETENDING THAT
YOU'RE NOT**

—
-unknown

MEMYSELFANDMOMMY.ORG

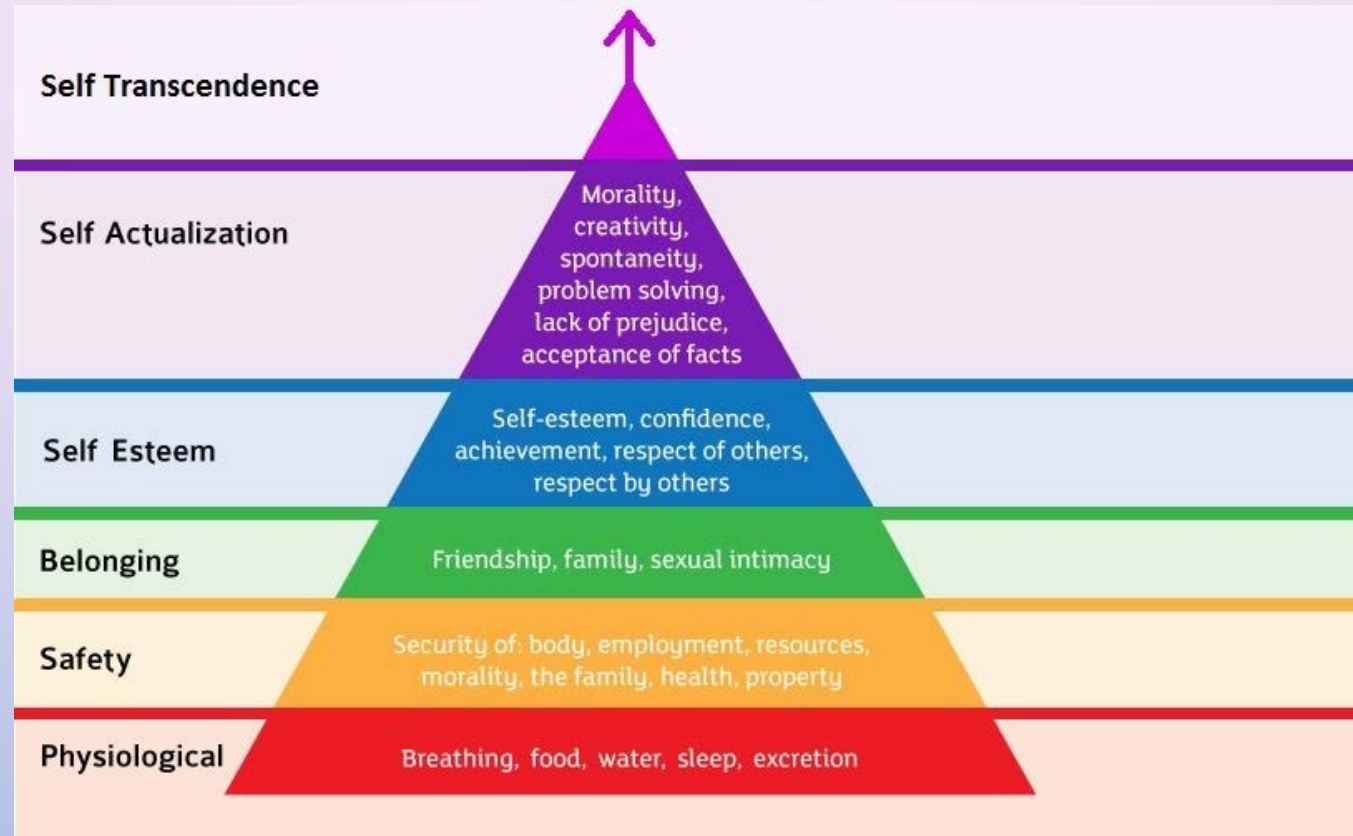
BIPOLAR MOOD DISORDERS

- MEDICATION CHANGES – NOT AS HELPFUL
- WORSENING OF SYMPTOMS
 - INCREASED IRRITABILITY
 - POTENTIAL FOR DESTABILIZING OF RELATIONSHIPS – LESS EFFECTIVE MEDICATION MANAGEMENT
 - POTENTIAL FOR DESTABILIZING OF SOCIOECONOMIC CONDITION
 - POTENTIAL FOR DESTRUCTIVE DECISIONS / BEHAVIORS
 - INCREASED GUILT, ANXIETY/ PANIC, SHAME
- SUPPORT: NEEDS TO BE CONNECTED WITH A COORDINATING TEAM OF OB/GYN, PSYCHIATRIST AND PSYCHOTHERAPIST

PSYCHOSIS

- .01% OF WOMEN
- VERY RARE BUT MORE LIKELY IF ALREADY EXPERIENCING ANXIETY
- SYMPTOMS:
 - HALLUCINATIONS – AUDITORY / VISUAL
 - THOUGHTS OF HURTING SELF OR OTHERS (BABY)
- SUPPORT: IMMEDIATE FULL PSYCHIATRIC EVALUATION, LIKELY HOSPITALIZATION
- COMPLETELY TREATABLE AND SYMPTOMS CAN BE ALLEVIATED QUICKLY AND ARE USUALLY TEMPORARY WITH TREATMENT.





<https://developingchild.harvard.edu/resources/building-adult-capabilities-to-improve-child-outcomes-a-theory-of-change/>

THE GOOD, THE BAD, AND THE UGLY

- A LITTLE STRESS IS A GOOD THING
 - KEEPS US MOTIVATED, BRINGS A LITTLE EXCITEMENT, FEELS GOOD WHEN WE GET IT DONE
 - GOOD THINGS CAUSE STRESS – BUYING A NEW HOME, HAVING A CHILD, GETTING A NEW JOB
- TOO MUCH STRESS – “TOLERABLE STRESS”
 - REALITY, IMPLEMENT MANAGEMENT STRATEGIES
 - INTERMITTENT, BRIEF PERIODS ARE EXPECTED AND ONE USUALLY REBOUNDS
- TOXIC STRESS
 - INTENSE, CONSISTENT, UNRELENTING, LONG PERIODS OR CHRONIC
 - DESTRUCTIVE TO SHORT AND LONG TERM HEALTH
 - ABUSIVE ENVIRONMENT, INADEQUATE INCOME, RESOURCE POOR, CHRONIC WORRIES
 - [HTTPS://DEVELOPINGCHILD.HARVARD.EDU/SCIENCE/KEY-CONCEPTS/TOXIC-STRESS](https://developingchild.harvard.edu/science/key-concepts/toxic-stress)



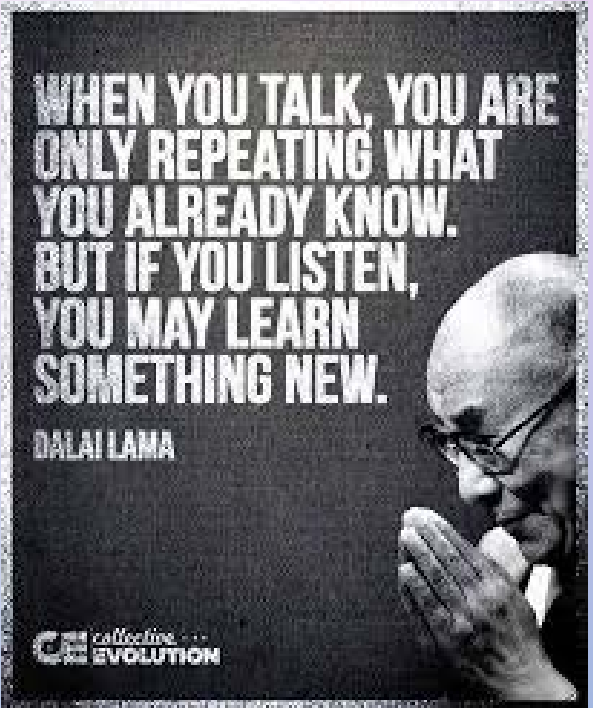
BEING A LISTENER

**DO NOT LISTEN
WITH THE INTENT
TO REPLY,
BUT WITH
THE INTENT TO
UNDERSTAND.**

EXTRAMADNESS.TUMBLR

*Listening
is often
the only thing
needed
to
help someone.*

An Iota of Truth



KNOWING RESOURCES



MINDFULNESS

- **COMPONENTS**
 - **AWARENESS.** NOTICING YOUR THOUGHTS, FEELINGS, AND PHYSICAL SENSATIONS AS THEY HAPPEN. THE GOAL ISN'T TO CLEAR YOUR MIND OR TO STOP THINKING—IT'S TO BECOME AWARE OF YOUR THOUGHTS AND FEELINGS, RATHER THAN GETTING LOST IN THEM.
 - **ACCEPTANCE.** THE THOUGHTS, FEELINGS, AND SENSATIONS THAT YOU NOTICE SHOULD BE OBSERVED IN A NONJUDGMENTAL MANNER.



MOOD BOOSTERS



KNOW THYSELF

- PREPARE YOUR REFERRAL RESOURCES
- PREPARE YOUR INTERNAL SCRIPT
- TOLERANCE LEVEL?
- WHO IS IN YOUR SUPPORT CIRCLE?
 - CONSULTATION?
 - RESOURCES?
- DE-STRESS PLAN

