

WHAT IS
Perinatal Anxiety?



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Perinatal Anxiety Physical Symptoms

Perinatal anxiety is stress and worry that is experienced during pregnancy and up to one year after giving birth. Perinatal anxiety appears differently for each person. Person(s) experiencing perinatal anxiety have a wide range of symptoms.

Common Symptoms Include

• Social / Emotional Symptoms

- Having little or no interest in all the normal things that bring joy like time with friends, exercise, eating, or sharing partner time
- Losing interest in intimacy
- Withdrawing from friends and family
- Being easily annoyed or irritated
- Engaging in risk-taking behavior, for example unsafe alcohol or other substance use

• Physical Symptoms

- Panic attacks, which might cause a fast heartbeat, palpitations, shortness of breath, shaking or feeling physically 'detached' from your surroundings
- Feeling constantly tired and lacking energy
- Sleeping too much or not sleeping very well at all

• Psychological Symptoms

- Persistent, generalized worry, often focused on fears for the health or wellbeing of the baby
- The development of obsessive or compulsive behaviors
- Abrupt mood swings
- Feeling constantly sad, low, or crying for no obvious reason
- Being nervous, 'on edge', or panicky
- Finding it difficult to focus, concentrate or remember which some people might call a "brain fog"
- Having thoughts of death or suicide, or self-harm

What is Perinatal Anxiety?

Why Am I Feeling This Way?

Perinatal anxiety can be a result of questioning and concern about caring for a newborn baby, lack of experience, social and environmental factors, prevalence of race-based, gender based, aged based, and disability-based traumas, as well as hormonal and biochemical imbalances.

It can be particularly difficult to share these thoughts and feelings and ask for help. If you are experiencing any of these symptoms, or others that are affecting your emotional or mental health to the point of not being able to function day to day, please speak to your provider **or seek support.***



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