

Emotional Changes After Giving Birth

After the birth of your baby, you may feel many emotions. You need time to adjust to your body's changes and to your baby's needs. These changes can make your emotions swing from happy to sad. This is normal. About half of new moms have these feelings.

Signs

You may have one or more of these signs:

- Cry for no reason
- Feel restless or nervous
- Go from being happy to sad quickly
- Are easily irritated
- Have little patience
- Feel overwhelmed
- Have trouble thinking
- Not feel like eating
- Are tired and have little energy
- Have problems sleeping

These changes should go away in a few days or weeks as your body adjusts and you get used to caring for your baby. Here are some things you can do to help:

- Ask for and accept help.
- Rest or nap when your baby sleeps.
- Take a break and have someone care for your baby while you go out.
- Talk about your feelings with family and friends.
- Join a new mothers' group.
- Exercise if your doctor says it is okay.
- Care for yourself. Read, take a bath, or watch a movie.
- Eat a healthy diet.

分娩后的情感变化

在您的宝宝出生之后，您可能会有多种情感。您需要时间，适应您身体的变化和您的宝宝的需求。这些变化可能会使您悲喜无常。这是正常现象。大约有一半新任母亲具有类似情感。

症状

您可能会有以下一种或多种症状：

- 无故哭泣
- 感到不安或紧张
- 迅速由喜变悲
- 易怒
- 极不耐烦
- 感到受不了
- 无法思考
- 不想吃饭
- 疲劳并缺乏精力
- 有睡眠问题

随着您的身体的适应，随着您习惯于照料您的宝宝，这些变化应当在几天内或几周内消失。以下是您为帮助自己而能做的一些事情：

- 求助并接受帮助。
- 在宝宝睡觉时休息或小睡。
- 休息并由他人在您外出时照料宝宝。
- 与家人和朋友讨论您的感觉。
- 加入一个新母亲团体。
- 如果您的医生说行，请进行锻炼。
- 照顾好自己。读书、洗澡或看电影。
- 吃健康的饮食。

Danger Signs

Sometimes these signs do not go away or they get worse. You may need more help. You may have a more serious problem if you:

- Are not able to care for yourself or your baby
- Are afraid to be alone with your baby
- Have thoughts of hurting yourself or your baby

These are danger signs and you need to **get help**. Call your doctor **right away**.

危险症状

有时，这些症状不一定会消失，或者会恶化。您可能需要更多帮助。如果您发生以下情况，您可能有比较严重的问题：

- 无法自理或照料您的宝宝
- 害怕与您的宝宝单独待在一起
- 想自伤或伤害宝宝

这些是危险症状，您需要获得帮助。请立即致电给您的医生。

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