

# 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

# Emotivne promjene nakon porođaja

Može se desiti da nakon bebinog rođenja budete prolazili kroz navalu raznih emocija. Trebat će vam vremena da se prilagodite novim promjenama tijela i potrebama svoje bebe. Ove promjene mogu dovesti do promjena raspoloženja, od osjećaja sreće do osjećaja tuge. To je normalno. Oko polovine novih mama iskuse ova osjećanja.

## Znakovi

Možete imati jedan ili više ovih znakova:

- da bezrazložno plačete
- da ste uznemireni i nervozni
- da vam se raspoloženje brzo mijenja od sretnog do tužnog
- da ste lako razdražljivi
- da nemate mnogo strpljenja
- da se osjećate preokupiranom
- da vam je teško razmišljati
- da ne osjećate glad
- da ste umorni i da vam nedostaje energije
- da imate problema sa spavanjem

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.

## **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**.

Ove promjene bi trebale proći za nekoliko dana ili sedmica, kako se Vaše tijelo prilagođava i kako se navikavate na pružanje njege vašoj bebi. Ovo su neke od stvari koje Vam mogu pomoći:

- tražite i prihvatite pomoć
- odmorite se i odspavajte dok beba spava
- napravite pauzu i neka se neko drugi pobrine za bebu dok vi izađete
- o svojim osjećanjima porazgovarajte sa porodicom i prijateljima
- pridružite se grupi mladih majki
- vježbajte ukoliko vam ljekar to odobri
- posvetite se sebi. Čitajte, okupajte se ili pogledajte film
- jedite zdravu hranu

## **Znakovi opasnosti**

Ponekad ovi znakovi ne prolaze ili se pogoršaju. Možda će Vam trebati više pomoći. Možda imate ozbiljniji problem ukoliko:

- niste sposobni da se posvetite sebi ili svojoj bebi
- plašite se da ostanete sami sa bebom
- na um vam padaju misli poput toga da povrijedite sebe ili svoju bebu

Ovo su znakovi opasnosti i potrebna vam je **pomoć**. **Smjesta** nazovite svog ljekara.

2005 – 5/2010 Health Information Translations

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Emotional Changes After Giving Birth. Bosnian.