

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.

産後の感情の変化

赤ちゃんを出産した後はさまざまな感情のゆれを感じます。産後には、貴女自身の体の変化や赤ちゃんの存在に対して自分を適応させるための時間が必要です。これらの変化は感情のゆれを招きます。幸福な気持ちになることもあれば、悲しい気分になることもあります。それは自然なことです。新しく母親になった約半数はこのような感情のゆれを経験します。

兆候

以下のような兆候が現れます。

- 理由もなく泣いてしまう
- 不安を感じる、神経質になっている
- 幸福な気持ちだったのに、すぐに悲しくなってしまう
- ささいなことでイライラする
- 我慢ができない
- どうすればいいかわからない
- 考えることができない
- 食欲がない
- 疲れていて、気力がわいてこない
- 眠れない

これらの変化は、体が適応し、また赤ちゃんの世話を慣れるにつれて数日または数週間でなくなります。対策には以下のようなものがあります。

- 手助けを頼み、それを受け入れる。
- 赤ちゃんが寝ている間に休息をとる。

Emotional Changes After Birth. Japanese.

- 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**.

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- 一息入れる時間を設け、外出している間は誰かに赤ちゃんの世話を頼む。
- 感じていることを家族や友人に話す。
- 新しく母親になったグループに入る。
- 医師の許可が出れば、運動をする。
- 自分のために何かをする。読書をしたり、お風呂に入ったり、映画を見る。
- 健康的な食生活をこころがける。

危険な兆候

上記の兆候がよくなることや、悪くなる場合もあります。その場合はさらなる手助けが必要です。以下の症状に該当するときは、深刻な状態です。

- 自分や赤ちゃんの面倒をみることができない
- 赤ちゃんと 2 人きりになるのが怖い
- 自分や赤ちゃんを傷つけようとする考えが浮かぶ

これらは危険な兆候であり、助けが必要です。直ちに貴女の医師にご連絡ください。

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