

# 分娩后的情绪变化

## Emotional Changes After Giving Birth

After the birth of your baby, you may feel many emotions. It takes time to adjust to your body's changes and to your baby's needs. While these feelings can be normal, it is important to know when to get help.

### “Baby Blues”

You may have the “baby blues” in the first 2 weeks after your baby is born. Most new moms have some of these feelings.

You may have one or more of these signs:

- Cry for no reason
- Go from being happy to sad quickly
- Are easily irritated
- Feel overwhelmed or anxious
- Are tired and have little energy

These feelings often get better 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 an online or in-person new mothers' support group.
- Exercise if your doctor says it is okay.
- Care for yourself. Read, take a bath or watch a movie.
- Eat a healthy diet.

在宝宝出生之后，您可能会体验多种情绪。您需要时间适应身体的变化和宝宝的需求。虽然这些感觉很正常，但重要的是应知道何时需要需求帮助。

### “产后抑郁”

婴儿出生后的前两周，您可能会出现“产后抑郁症”。大多数新妈妈都有这种感觉。

您可能会出现以下一种或多种症状：

- 无故哭泣
- 迅速由喜变悲
- 容易被激怒
- 感到不知所措或焦虑
- 疲劳并缺乏精力

随着身体逐渐适应，这些负面情绪通常会好转，您会逐渐习惯照料婴儿。以下是有益您身心的一些事情：

- 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。
- 加入在线或面对面的新妈妈支持小组。
- 如果医生说行，请进行锻炼。
- 照顾好自己。读书、洗澡或看电影。
- 健康饮食。

## Postpartum Depression

Sometimes depression does not go away on its own. If feelings of depression or anxiety get worse or last longer than 2 weeks, call your health care provider.

Symptoms can start at any time within the first year of having a baby. Depression after pregnancy is common and can get better with treatment.

Getting treatment is important for you and your baby. Common treatments include counseling and medications. There are medications that are safe for moms who breastfeed.

Untreated depression can make it harder to care for and bond with your baby.

It is important to ask for help from a health care provider.

### **Symptoms will be different for each person, but it might include:**

- Feelings of sadness, hopelessness or guilt
- A lack of interest about your baby (or excessive worry about baby)
- Trouble sleeping
- Excessive crying
- Anger or irritability
- Weight loss or gain
- Lack of energy

## 产后抑郁症

有时候，抑郁症并不会自行消失。如果抑郁或焦虑感加重或持续超过 2 周，请致电医护人员。

宝宝出生后第一年内，你可能在任何时间出现症状。产后抑郁很常见，可以通过治疗加以改善。

获得治疗对您和宝宝很重要。常见的治疗方法包括咨询和药物治疗。有些药物适合母乳喂养的妈妈服用。

如果不治疗抑郁症，母亲可能很难护理婴儿，很难与婴儿建立连接。

向医护人员寻求帮助很重要。

每个人的症状可能各不相同，通常可能包括：

- 悲伤、绝望或内疚感
- 对宝宝缺乏兴趣（或对宝宝过度担心）
- 睡眠困难
- 过度哭泣
- 愤怒或烦躁
- 体重减轻或增加
- 精神不振

## Danger Signs

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 911 or go to the nearest hospital emergency room.**

## 危险症状

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。致电 911 或前往最近的医院急诊室。**