

# 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:

# 分娩後的情緒變化

在您的寶寶出生之後，您可能會有各種情緒。您需要時間，適應您身體的變化和您的寶寶的需求。這些變化可能會使您悲喜無常。這是正常現象。大約有一半新任母親具有類似情感。

## 徵兆

您可能會有以下一種或多種徵兆：

- 無故哭泣
- 感到不安或緊張
- 迅速由喜變悲
- 易怒
- 極不耐煩
- 感到受不了
- 無法思考
- 不想吃飯
- 疲勞並缺乏精力
- 有睡眠問題

隨著您的身體的適應，以及您習慣於照料您的寶寶，這些變化應當在幾天內或幾週內消失。以下是您為幫助自己而能做的一些事情：

- 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**.

- 求助並接受幫助。
- 在寶寶睡覺時休息或小睡。
- 休息並由他人在您外出時照料寶寶。
- 與家人和朋友討論您的感覺。
- 加入一個新母親團體。
- 如果您的醫生認為可以，請做運動。
- 照顧自己。讀書、洗澡或看電影。
- 吃健康的飲食。

## 危險徵兆

有時，這些徵兆不一定會消失，或者會惡化。您可能需要更多幫助。如果您發生以下情況，您可能有比較嚴重的問題：

- 無法自理或照料您的寶寶
- 害怕與您的寶寶單獨待在一起
- 想自傷或傷害寶寶

這些是危險徵兆，您需要**獲得幫助**。請立即致電給您的醫生。

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