

分娩後的情緒變化

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.

在您的寶寶出生之後，您可能會有各種情緒。您需要時間，以適應身體的變化和寶寶的需求。儘管這些感覺是正常的，但知道何時尋求幫助依舊很重要。

「產後抑鬱」

寶寶出生後的前兩週，您可能會出現「產後抑鬱症」。大多數新媽媽都有這樣一些感覺。

您可能會有以下一種或多種症狀：

- 無故哭泣
- 迅速由喜變悲
- 易怒
- 感到不知所措或焦慮
- 疲勞並缺乏精力

隨着身體的適應，這些感覺通常會好轉，並且您會逐漸習慣照料寶寶。以下是您為幫助自己而能做的一些事情：

- 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。
- 加入在線或面對面的新媽媽支持小組。
- 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。

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

產後抑鬱症

有時候，抑鬱症並不會自行消失。如果抑鬱或焦慮感加重或持續超過 2 周，請致電醫護人員。

症狀可能在寶寶出生的第一年內的任何時間開始。妊娠後抑鬱很常見，可以通過治療加以改善。

獲得治療對您和寶寶很重要。常見的治療方法包括諮詢和藥物治療。對於母乳餵養的媽媽來說，有些藥物是安全的。

如果抑鬱症不加治療，寶寶將會更難護理，您與寶寶更難建立連接。

向醫護人員尋求幫助很重要。

每個人的症狀都會有所不同，但可能包括：

- 悲傷、絕望或內疚感
- 對寶寶缺乏興趣（或對寶寶過度擔心）
- 睡眠困難
- 過度哭泣
- 憤怒或煩躁
- 體重減輕或增加
- 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.

危險症狀

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

這些是危險症狀，您需要獲得幫助幫助。致電 911 或前往最近的醫院急症室。