

mood swings, depression & anxiety

CAN YOU SPOT THE DIFFERENCE?

A SELF-SCREENING
CHECKLIST





There is an overwhelming number of women experiencing post-partum depression. This is not OK.

While there are services in place to help women deal with post-partum depression, I believe that this is too little, too late.

Experiencing anxiety or depression does not mean there is a problem with you. Rather, it is something that you simply need to manage. My desire is to support you in avoiding or beating depression by addressing what I like to call, 'The Big Four'.

Here's to owning your emotional health in pregnancy and beyond!

Dawn

HOW TO USE THIS GUIDE

Here is an infographic that you can use to help you to identify whether your mood swings might actually be depression or anxiety. If you have sleep or eating changes, it can be difficult to determine whether they are due to your pregnancy or due to depression or anxiety.

if you have identified yourself as showing depression and anxiety symptoms, please talk to your doctor. You may find it helpful to take this information along in the form of the checklist at the end of the guide.

MOOD SWINGS

VERSUS

DEPRESSION

AND

ANXIETY

Notes

CAN YOU RECOGNIZE THE
DIFFERENCE?

TEARINESS

Is it Depression?

You may have bouts of teariness, but you don't usually return to feeling "fine" after

Is it Anxiety?

You may or may not feel teary. You do feel more worried about things than usual, and worry about things that might happen in the future

Is it a Mood Swing?

You feel teary for no reason. One minute you are fine, the next you are teary.

TEARINESS & WORRY

Is it Depression?

Your teariness has become a part of your life. You notice that you have had teariness for 2 weeks or more

Is it Anxiety?

You have had unrelenting worry for 2 weeks or more, and you worry for most of each day.

Is it a Mood Swing?

Your bouts of teariness come...then they go. They don't last more than minutes.

Notes

DEPRESSION VERSUS ANXIETY

CAN YOU RECOGNIZE THE
DIFFERENCE?

SADNESS, WORRY, FEAR

Is it Depression?

You feel sad, and you
can't shake it.

Is it Anxiety?

You can't shake the
nagging feelings of
worry and fear. It feels
like they are always
with you. You feel that
your worry is out of
control and has taken
over your life

ENJOYMENT

Is it Depression?

You don't enjoy the
things you used to.
You don't seem to
have fun anymore, or
find joy in your daily
life.

Is it Anxiety?

You might not do the
things you usually do
because of feeling
anxious or afraid.

IRRITABILITY

Is it Depression?

You feel irritable
and/or angry

Is it Anxiety?

You feel irritable

SLEEP

Is it Depression?

You might be sleeping
more or less

Is it Anxiety?

You might have
trouble sleeping if
your worry keeps you
awake at night

Notes

DEPRESSION

VERSUS

ANXIETY

CAN YOU RECOGNIZE THE
DIFFERENCE?

APPETITE & ENERGY

Is it Depression?

You might be eating
more or less

Is it Anxiety?

You feel more fatigued
than usual

CONCENTRATION

Is it Depression?

You might find it hard
to make decisions or
concentrate

Is it Anxiety?

You might find it hard
to concentrate. You
feel that your worrying
is "crazy" or irrational.
It makes no sense to
you why you should
worry about a certain
thing.

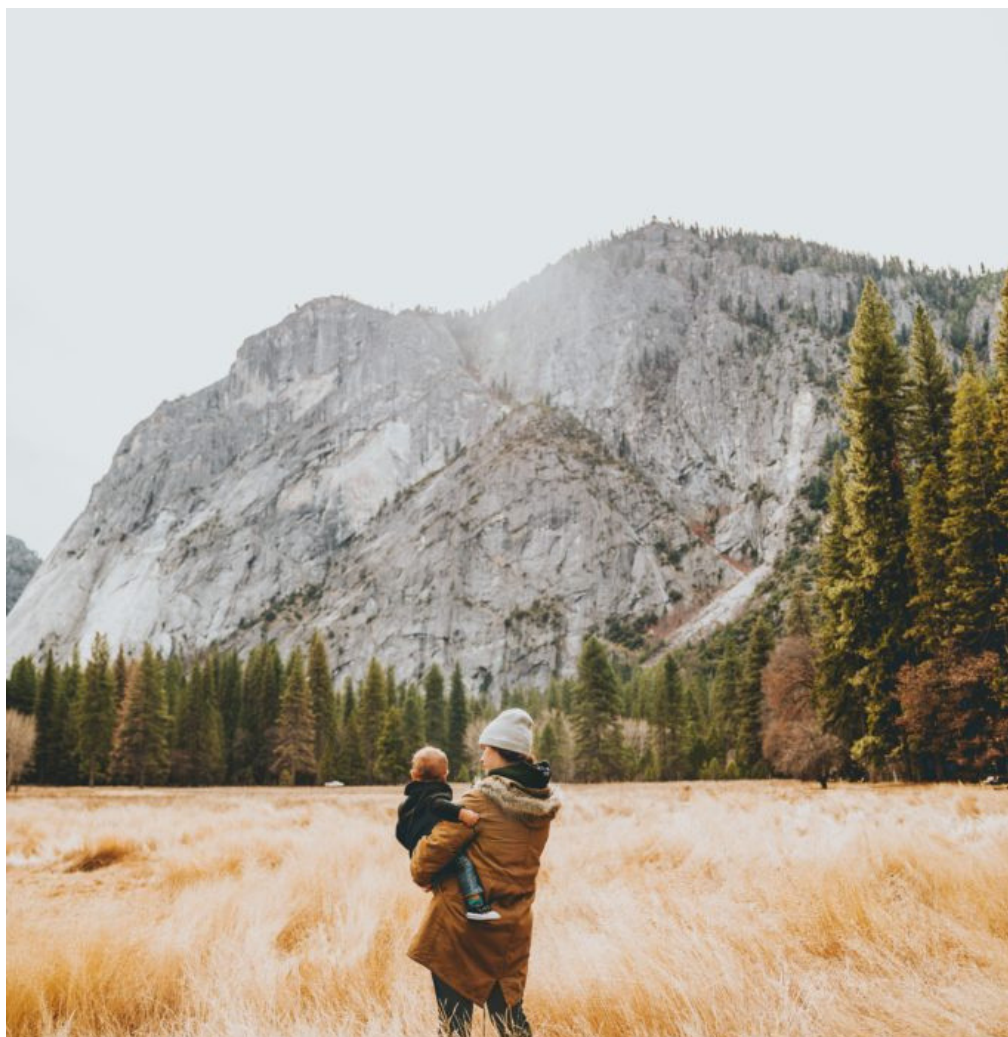
IRRITABILITY

Is it Depression?

You might feel like
your self-esteem is
lower or that you've
lost your confidence.
Along with this comes
the concern that you
might think you are
not going to be a good
mother.

Is it Anxiety?

You feel on edge and
can't let down.



On the next page you will find a checklist that you can use to help you to identify whether your mood swings might actually be depression or anxiety. If you have sleep or eating changes, it can be difficult to determine whether they are due to your pregnancy or due to depression or anxiety. However, if you have ticked other boxes in the depression and anxiety sections, please talk to your doctor. You may find it helpful to take this checklist along

Anxiety and depression can occur together as well as separately. Don't be surprised if you check some boxes in both the depression and anxiety sections. It's common – especially in pregnancy.

Mood Swings

- ☐ You feel teary for no reason. One minute you are fine, the next you are teary.
- ☐ Your bouts of teariness come...then they go. They don't last more than minutes.

Depression

- ☐ You may have bouts of teariness, but you don't usually return to feeling "fine" after
- ☐ Your teariness has become a part of your life. You notice that you have had teariness for 2 weeks or more
- ☐ You feel sad, and you can't shake it
- ☐ You don't enjoy the things you used to. You don't seem to have fun anymore, or find joy in your daily life.
- ☐ You feel irritable and/or angry
- ☐ You might be sleeping more or less
- ☐ You might be eating more or less
- ☐ You might find it hard to make decisions or concentrate
- ☐ You might feel like your self-esteem is lower or that you've lost your confidence. Along with this comes the concern that you might think you are not going to be a good mother.

Anxiety

- ☐ You may or may not feel teary. You do feel more worried about things than usual, and worry about things that might happen in the future
- ☐ You have had unrelenting worry for 2 weeks or more, and you worry for most of each day.
- ☐ You can't shake the nagging feelings of worry and fear. It feels like they are always with you. You feel that your worry is out of control and has taken over your life
- ☐ You might not do the things you usually do because of feeling anxious or afraid
- ☐ You feel irritable
- ☐ You might have trouble sleeping if your worry keeps you awake at night
- ☐ You feel more fatigued than usual
- ☐ You might find it hard to concentrate. You feel that your worrying is "crazy" or irrational. It makes no sense to you why you should worry about a certain thing.
- ☐ You feel on edge and can't let down.