

Handout

The following handout will provide you with tips dealing with postpartum depression and anxiety



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Dr. Ishani Patel believes that we can be our best selves when we start taking care of our health. She dedicates her practice to looking at all the different factors that influence our health, assisting her patients in determining the root cause of their health concerns, helping them feel empowered over their health, and creating personalized treatment plans that help her patients reach their full potential. She has a clinical interest in women's health, fertility, pediatrics, hormonal imbalances, endometriosis, gastrointestinal health, fibromyalgia, and autoimmunity.

Topic

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Postpartum Depression and Anxiety

Postpartum Depression and Anxiety

Being a new mom is a rewarding experience, but it can also be challenging. You are giving your newborn an overabundant amount of love, but ask yourself *are you taking care of yourself?*

Are you having trouble sleeping, mood swings (sadness, crying, worrying), appetite changes, difficulty concentrating, and a loss of interest in hobbies?

You may be experiencing postpartum depression or anxiety. If you feel like you may be experiencing this, it is important to reach out for help. I have provided some lifestyle modifications and possible treatment options you can utilize under the supervision of a healthcare provider.

Optimize your lifestyle habits

- Nutrition
 - Protein, fiber, healthy fats, and complex carbohydrates
 - Minimum of 2L of water/day
- Movement
 - Start with low-intensity exercises (ex. yoga and walking)
- Sleep
 - Focus on modifiable factors (ex. limit screen time before bed)
- Stress
 - Self-care
 - Meditation
 - Yoga
 - Deep Breathing
 - Acupuncture
 - Massage
 - Keep your support system close
 - Breastfeeding - *don't be hard on yourself if it's not the best option for you*

Set realistic goals for yourself

Get updated lab work

- Address any deficiencies as well as hormonal imbalances, and optimize those levels again.

Additional supplementation or treatment approaches

Use under the supervision of a healthcare provider:

- Herbal support
 - Can be utilized through aromatherapy and oral supplementation
- Light therapy
- Acupuncture
- Massage
- CBT

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