

# Editorial: About postpartum anxiety

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After giving birth to a child, when a person experiences excessive anxiety during the postpartum period it is known as postpartum anxiety. The extent of severity might be it interferes with person's ability to perform everyday tasks.

Blood Pressure, Tense feelings and worrying thoughts are some of the symptoms considered as a mental health condition that is Anxiety.

Anxiety disorders cause excessive anxiety for 6 months or more Trusted Source. That said, some researchers suggest that someone may have postpartum anxiety if they have symptoms for at least one month.

Researchers know a lot more about postpartum depression than postpartum anxiety, but according to a 2021 report, 11–21% of women living in the United States develop an anxiety disorder in the perinatal (during pregnancy) and postpartum period. In one 2018 study, 75% Trusted Source of women with postpartum anxiety also experienced symptoms of depression.

## Symptoms:

Though postpartum anxiety and postpartum depression are not the same, some estimates claim between 25–50% Trusted Source of people with anxiety disorders also develop postpartum depression in the 2 months following childbirth.

Everyone have different Anxiety Experience.

But people with postpartum anxiety experience thoughts that are Trusted Source usually:

- uncontrollable
- racing
- consuming
- disrupting
- overwhelming
- recurrent
- irrational (not logical or realistic)
- Frightening.

These uncontrollable, consuming thoughts tend to center on a few major areas of worry, such as:

- Fears about the baby's and its own health.
- Fears about a parent or partner becoming ill or dying.
- A sense that something bad will happen.
- Irrational obsessions or fears.
- Blaming one excessively when something goes wrong or feeling excessively guilty.

Postpartum anxiety can also cause physical symptoms, including:

- unexplained exhaustion
- trouble sleeping
- trouble concentrating
- increased irritability
- muscle tension
- feeling on-edge, restless, or wound-up
- a rapid heartbeat
- feeling panicky for no clear reason

Postpartum anxiety it may get harder for a person to bond with their baby. It may also negatively impact Trusted Source a baby's mental and physical development. Left untreated, postpartum anxiety can also lead to serious negative consequences such as infant neglect and, in extreme cases, infant death.

## Treatment:

The treatment for postpartum anxiety Very much similar to those used for other types of anxiety disorders.

Common treatments include: Cognitive behavioral therapy (CBT): Short-term talking therapy with a mental health professional to learn ways to change anxiety-producing thought patterns.

Stress-reduction methods: Practices that can reduce or help manage stress, such as relaxation techniques, mindfulness, yoga, and meditation.

Aromatherapy: Breathing in calming or soothing essential oils may help reduce or manage stress and anxiety, in particular lavender or bitter orange. People who are breastfeeding should not apply essential oils to their skin because they can enter the bloodstream and cross over into breast milk.

Most antidepressant and antianxiety medications are only prescribed in cases of moderate to severe postpartum anxiety because they can cause side effects. They can also cross over from the bloodstream into breast milk.