

Postpartum Mood Quiz

Pregnancy and postpartum can be a rollercoaster of emotions and hormones. It's common to not feel quite like yourself out of the gate—80% of moms experience changes in mood or emotion after birth. Some of that is normal, and some of it can be more serious. Walk through our quiz to see if you're experiencing any Perinatal Mood and Anxiety Disorders (PMADs).

HOW ARE YOU FEELING?

I'm feeling pretty good.

Maybe a little tired, but mostly happy, excited, positive, and upbeat

I'm feeling moody.

Sleep deprivation is getting to me and I'm a little overwhelmed.

I'm feeling anxious.

I'm having trouble sleeping even when the baby is. Family members are noticing a change in my mood.

You're doing great

Motherhood is a big change, and stepping into that new role can be overwhelming with its ups and downs. Physically, you're exhausted from delivery, new baby demands, and healing. However, emotionally you feel optimistic and pretty even keel. It's always a good idea to stay aware of your moods, and check in with yourself again if anything changes.

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Do you feel like you are able to take care of yourself and your family?

YES **NO**

You might be going through normal mood changes.

Do you feel excited and like you're adjusting to being a parent the majority of the time?

YES **NO**

Do you feel inexplicably teary, overwhelmed, or anxious?

YES

But for the most part I feel happy.

YES

And, it seems to be getting worse. Or, I'm 2-3 weeks postpartum.

You might have mild/moderate PMADs.

You're still able to take care of yourself and your baby, but you're not feeling like yourself. You may also feel sleep deprived, tearful, sad, and depressed. This is common, and psychoeducation, peer-to-peer support, therapy, and even medication might help.

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You might be experiencing moderate/severe PMADs.

You are not able to take care of yourself or your baby, and have a difficult time connecting thoughts. You may also have insomnia, scary thoughts that increase anxiety, and severe sadness. You might need medical intervention and/or medication to help you through this adjustment.

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You might have the baby blues.

For 2-3 weeks after delivery, changing hormones can leave you feeling tearful for no reason. You're happy the bulk of the time, but you're also feeling overwhelmed and a little out of control.

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These mood changes are common for new moms. You got this!

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Get support now :

[Postpartum Support International](#)

is an organization dedicated to promoting awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

Call their helpline: 1-800-944-4773 to get live 24/7 support from trained perinatal counselors.