

If you know someone who is pregnant or has recently given birth

HAVE YOU ASKED...

HOW'S MOM?

ANXIETY

Learning and talking about anxiety during pregnancy and after birth can help improve our community response and support for families.



What is anxiety?

Anxiety is a feeling of being really worried or scared about something that might happen. Anxiety is different for everyone; it can be a little or a lot. It's okay to discuss it openly, find healthy ways to handle it, and if necessary, seek medical help. Healthcare providers should screen for anxiety during and after pregnancy, including pediatricians.

How does anxiety affect pregnancy?

Feeling worried or anxious can affect a pregnant person and their baby. Research shows that anxiety during pregnancy might lead to babies being born too early or with low weight. Anxiety can also mess up eating and sleeping habits, which can make things even more stressful. If anxiety gets really high, it might cause problems like high blood pressure and preeclampsia, which is a serious health issue for both the pregnant person and their family.



Nearly 1 in 5 adults has an anxiety disorder, including those who are pregnant or postpartum.

What life situations could lead to (trigger) anxiety?

- Health difficulties during pregnancy, delivery and beyond
 - Traumatic experiences
 - Relationship stressors
 - Some substances
 - Stress
 - Financial challenges
 - History of anxiety disorder, panic attacks or depression
- AND....not all anxiety is caused by a situation or triggering event.

Learning about anxiety and becoming more aware helps us talk about it openly and reduces any negative feelings around it. Anxiety also affects dads, partners, and other family members.

Sources of support

- Home visiting services
- Healthcare providers
- Counseling programs
- Support from family and friends
- Support groups
- Doula support and services
- Prenatal and postpartum providers
- Peer Specialists
- Community resource centers to assist with self-care and wellness techniques
- The faith-based community
- **If you or your loved ones are not getting support that is right for you, consider changing providers or exploring other options. Advocate!**

What is postpartum panic disorder?

When anxiety feelings get too strong, this can affect mom physically and mentally, such as feeling like something bad could happen at any time, overwhelming fear, and frequent panic attacks.

What anxiety feels like...



Call the Doctor if...

Anxiety is affecting mom during the pregnancy or postpartum period, and/or is causing frequent panic attacks.

TALK ABOUT IT!

YOU ARE NOT ALONE!



Many people struggle with anxiety. No one is to blame! There are ways to get help and support.

Find community initiatives at:

www.browardhsc.org

 @browardhealthystartcoalition

 @browardhsc

 @browardhsc

 @broward_hsc

Phone Number:

(954) 567-7174

Get Help! Access Postpartum Support International to find out how!



National Suicide Prevention Hotline

Call 988

Gennaro, S., O'Connor, C., McKay, E. A., Gibeau, A., Aviles, M., Hoying, J., & Melnyk, B. M. (2020). Perinatal Anxiety and Depression in Minority Women. MCN. The American journal of maternal child nursing, 45(3), 138-144. <https://doi.org/10.1097/NMC.0000000000000611>