

Emotional Changes After Giving Birth

After the birth of your baby, you may feel many emotions. You need time to adjust to your body's changes and to your baby's needs. These changes can make your emotions swing from happy to sad. This is normal. About half of new moms have these feelings.

Signs

You may have one or more of these signs:

- Cry for no reason
- Feel restless or nervous
- Go from being happy to sad quickly
- Are easily irritated
- Have little patience
- Feel overwhelmed
- Have trouble thinking
- Not feel like eating
- Are tired and have little energy
- Have problems sleeping

These changes should go away in a few days or weeks as your body adjusts and you get used to caring for your baby. Here are some things you can do to help:

- Ask for and accept help.
- Rest or nap when your baby sleeps.
- Take a break and have someone care for your baby while you go out.
- Talk about your feelings with family and friends.
- Join a new mothers' group.
- Exercise if your doctor says it is okay.
- Care for yourself. Read, take a bath, or watch a movie.
- Eat a healthy diet.

分娩後的情緒變化

在您的嬰兒出生之後，您可能會有各種情緒。您需要時間調整您的身體變化並適應寶寶的需求。這些變化可能使您時喜時憂。這很正常。約有一半剛分娩的媽媽有這些情緒。

症狀

您可能有一種或多種這些症狀：

- 無理由地哭泣
- 覺到不安或緊張
- 迅速由喜轉憂
- 容易被激怒
- 沒有耐心
- 完全被情緒控制
- 思考有困難
- 不想吃東西
- 疲累無精力
- 睡眠有問題

當您的身體在調整而且您逐漸適應照顧您的嬰兒時，這些變化應在幾天或幾個星期後消失。這裡有一些事項您做了會有幫助：

- 要求並接受幫助。
- 趁您的嬰兒睡覺時休息或小睡。
- 當您外出時，休息一下並讓某人照顧您的嬰兒。
- 和家人及朋友們談談您的感受。
- 加入一個新母親團組。
- 如果您的醫生說可以就做運動。
- 關心您自己。讀書、洗澡或看一場電影。
- 吃健康食物。

Danger Signs

Sometimes these signs do not go away or they get worse. You may need more help. You may have a more serious problem if you:

- Are not able to care for yourself or your baby
- Are afraid to be alone with your baby
- Have thoughts of hurting yourself or your baby

These are danger signs and you need to **get help**. Call your doctor **right away**.

危險症狀

有時這些症狀不消失，或變得更嚴重。您可能需要更多幫助。如是以下情形，您可能有更嚴重的問題：

- 不能夠照顧您自己或您的嬰兒
- 害怕和您的嬰兒單獨在一起
- 有傷害自己或您嬰兒的想法

這些是危險症狀，您需要得到幫助。立刻打電話給您的醫生。

Emotional Changes After Birth. Traditional Chinese.

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