

## Navigating the baby blues and more

### ANCHOR LEDE

When talking about the good and bad of pregnancy, you might have heard terms like postpartum depression or, more casually, baby blues.

The umbrella term is PMAD: perinatal mood, anxiety and depression. And it's critical that moms and their doctors pay attention to this.

### TAKE VO

Tiffany Waters is a birthing center charge nurse at OSF HealthCare.

She says the stress of being a new mom can lead to brain fog, crying, sleep changes, compulsive behavior and even suicidal thoughts.

### \*\*\*SOT\*\*\*

Tiffany Waters, OSF HealthCare birthing center charge nurse

**"There's no one single cause that leads to a person experiencing these issues. It's a combination of psychological, societal and biological factors. There's nothing a mom has done to get or deserve this experience. The best we can do is help her work through it." (:27)**

### VO TAG

Resources include support groups, counseling, spiritual care and medication. Proper diet are also key, along with finding time to relax with a hobby.