



## CHECKLIST OF POSTPARTUM DEPRESSION SYMPTOMS

**There are a wide range of PPD symptoms, this checklist will give you a framework to assess if you are possibly suffering from PPD.**

The following feelings are fairly normal to be experiencing:

- sad
- weepy
- guilty
- isolated
- angry
- resentful
- exhausted
- anxious
- tense

The following symptoms are more serious and need to be addressed by a professional:

- ashamed
- overwhelmed
- drained
- excessive crying
- lonely
- helplessness
- mood swings
- excessive self doubts
- change in appetite
- physical symptoms
- hopelessness
- worthlessness
- distracted
- memory problems
- extreme agitation
- panic attacks
- loss of confidence
- thoughts of hurting yourself
- hallucinations
- thoughts/fantasies of hurting your baby