

<i>Not impacted</i>	<i>Baby Blues</i>	<i>Postpartum Depression</i>	<i>Postpartum Anxiety</i>
<b>Tears</b> of joy or frustration on occasion	Random <b>tears</b> (even for a toilet paper ad) that come out of nowhere	<b>Tearfulness</b> that may or may not have a direct cause.	<b>Tears</b> around thoughts that might be scary.
<b>Sleep</b> deprived, but able to take naps during the day. No issues falling or staying asleep.	Learning to <b>sleep</b> when the baby sleeps. Getting used to sleep/wake cycle that isn't what one is used to.	<b>Sleep</b> is interrupted in one of two ways: difficulty rousing oneself (consistently) or not able to fall and stay asleep.	Difficulties falling and staying <b>asleep</b> . Not able to sleep due to racing thoughts.
Your <b>mind</b> might feel clumsy at times and forgetful, but you are able to carry on a conversation (unless the baby interrupts)	Your <b>mind</b> feels a little foggy and it might be hard to focus.	Your <b>mind</b> feels full and it can be hard to express yourself. You might feel forgetful or distracted. Carrying on a conversation can be difficult, and not because of the baby.	Your <b>mind</b> is racing and it is hard to slow it down.
You seldom <b>worry</b> about things that are new for you.	You <b>worry</b> a little, and sometimes check in with others, and sometimes keep it to yourself.	You feel too sad or angry to <b>worry</b> .	You <b>worry</b> constantly and some of your worries might scare you. You are afraid to tell others about ALL of your worries, though you might share some.
<b>The changes</b> in your life are exciting and make you look forward to the future.	<b>The changes</b> in your life are temporarily overwhelming, but you are able to adjust with a little practice.	<b>The changes</b> in your life are completely overwhelming and you are having difficulty adjusting to them.	<b>The changes</b> in your life cause you perpetual worry as you struggle to make sense of them.
<b>Bonding</b> with your baby isn't something that you spend time thinking about, as you do so by caring for your baby.	<b>Bonding</b> with your baby is initially awkward, but with practice, you adjust.	<b>Bonding</b> with your baby is hard as you feel detached from your baby and attending to its needs.	<b>Bonding</b> with your baby is something that you are thinking a lot about: are you doing it right? Is your baby attached enough?
<b>After a few weeks</b> , you relish in your new routine as your "new normal."	<b>After a few weeks</b> , you are getting the hang of things and start to feel more like yourself.	<b>After a few weeks</b> , you feel as bad, if not worse.	<b>After a few weeks</b> , the worrying persists.

Chart to track if you are impacted by emotional concerns postpartum  
Created by: Dr. Julie Bindeman