

Baby blues	vs.	Postpartum depression
<ul style="list-style-type: none"> • feel like crying randomly • irritable • restless • anxious • impatient • hard to concentrate <p>Usually for 1-2 weeks</p>		<ul style="list-style-type: none"> • feel sad, hopeless, overwhelmed • crying a lot more than usual for no reason • mood, irritable • cannot concentrate • feel inadequate, guilty about everything • not interested in usual enjoyable activities • panic, excessive worry • scary thoughts about hurting self or baby
<p>new mom may have some or all of these symptoms</p>		

Baby blues:

- More common than depression.
- Doesn't really affect woman's functioning.
- Exhausted, cries a lot, then picks up and carries on.
- Still able to care for herself, baby, and home.
- Fairly temporary, usually less than 2 weeks.