

BABY BLUES

- Preocupação excessiva com a saúde do bebê
- Ansiedade
- Nervosismo
- Dificuldade de se concentrar
- Cansaço
- Dificuldade para dormir
- Choro sem motivo



DEPRESSÃO PÓS-PARTO

- Tristeza constante
- Sentimento de culpa
- Autoestima baixa
- Desânimo e cansaço extremo
- Pouco ou nenhum interesse pelo bebê
- Incapacidade de cuidar de si mesma e do filho
- Medo de ficar sozinha
- Falta de apetite
- Falta de prazer nas atividades diárias

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Wenbin Ji



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