

ARE YOU BURNING OUT?

Burnout is feeling an overload of stress and affects your motivation, attitude and ability to cope.

To control burnout:

- Get your stress under control.
- Eat well.
- Get adequate sleep.
- Exercise.
- Take your medicine as prescribed by your doctor.

Talk to your doctor or your local health department to get the help you need.

ADDITIONAL RESOURCES

National Domestic Violence Hotline
(800) 799-SAFE (7233)
(800) 787-3224 (TTY)

Mental Health America of Wisconsin
(877) 642-4630
www.mhawisconsin.org

Wisconsin Maternal and Child Health Hotline
(800) 722-2295

Special thanks to Pinellas County Public Health Department.



MS C630A, PO Box 1997, Milwaukee, WI 53201-1997
(414) 266-2743 . Fax (414) 266-3338 . www.idcw.org

The Infant Death Center of Wisconsin is funded by Children's Hospital of Wisconsin and a MCH Title V Services Block Grant, through the Maternal Child Health Bureau of the Health Resources and Services Administration, Department of Health and Human Services.

© 2008 Infant Death Center of Wisconsin. All rights reserved.

Take CONTROL of your mental health



WHAT IS MENTAL HEALTH?

Mental health is how we think and feel about ourselves and our world. It includes how we handle stress, relate to other people and make decisions.

Some common mental health problems include:

- Depression.
- Panic disorder.
- Anxiety disorders.
- Schizophrenia.
- Bipolar disorder.

What is depression?

Depression is an illness affecting your thoughts, mood, feelings, behavior – even your physical health. It causes a person to feel sad and hopeless much of the time. It is different from normal feelings of sadness, grief or low energy. Depression impacts people of all ages and races. With treatment, most people improve and can return to normal daily activities. Depression has been linked with other medical conditions such as heart disease, cancer, diabetes and alcohol and drug abuse.

HOW TO RECOGNIZE DEPRESSION

Talk to your doctor if you have had any of the following symptoms for at least 2 weeks. If so, you may have a depression that requires treatment.

- Crying spells.
- Feeling sad.
- Loss of interest in daily activities.
- Difficulty thinking or making decisions.
- Feeling tired all the time.
- Changes in eating and/or sleeping.
- Feelings of guilt and hopelessness.
- Thoughts of death or suicide.

POSTPARTUM DEPRESSION

About 1 in 8 women have postpartum depression in the first months after childbirth, stillbirth or miscarriage. It appears to be triggered by a change in hormone levels after pregnancy.

While every woman is at high risk for postpartum depression for several months following pregnancy, there is a higher risk for women with a history of:

- Postpartum depression.
- Depression.
- Bipolar disorder.

Postpartum depression is treatable. If left untreated, it could have negative effects on both mom and baby.

It is important to:

- Stay connected with friends and family.
- Take time for yourself to do things you enjoy.
- Remember to laugh and play.
- Talk out your problems with a trusted friend, clergy, co-worker or relative.
- Keep yourself safe from physical and mental abuse.

