

Postpartum Anxiety

1. What physical sensation do you notice when you're feelings anxious (e.g. racing heart, lightheadedness or dizziness, numbness or tingling sensations, sweating, trembling, feeling short of breath, feeling of choking, chest pain or discomfort, nausea, fear of losing control, fear of going crazy, fear of dying, chills or hot flashes)?

2. What thoughts/situations usually trigger your anxiety?

3. Think of an incident that made you feel anxious. What were you afraid might happen?

4. How did you react?

5. Answer the following questions to challenge your anxious thoughts:

- Do I know for sure that it will come true?

- Have I made similar predictions in the past? How often have they come true?"

- What is the evidence against this prediction?
