

**How Many Moms...**

- About 1 out of 10 moms get anxiety during pregnancy and/or after they have their baby
- Moms can have anxiety alone or with depression

**What are the things to watch out for?**

- Constant worry
- Feeling that something bad is going to happen
- Unable to stop anxious thoughts that are in your mind
- Changes in appetite
- Sleeping too much or not enough
- Not able to sit still
- Dizziness, hot flashes, and nausea
- Serious things like feelings of panic and chest pain
- These things can start during pregnancy or during the first year after you deliver your baby

**What to do?**

- Anxiety can be treated
- If these things are happening or you experience them in the future, please tell your doctor right away