

# Triggers

Maternal Depression Group





# What are triggers?

- Triggers, or stressors, are “actions or situations that can lead to an adverse emotional reactions”
- Triggers are highly individualized and may differ drastically from person to person



# Examples of triggers for maternal depression

- Unsupportive Partners
- Persistent crying (baby)
- Exhaustion



# Discussion

- What are some of your personal triggers?
- What do you do to cope with your triggers?



# References

Karp, D. H. (2016, September 1). *Postpartum depression: The top triggers*. Happiest Baby. Retrieved from <https://www.happiestbaby.com/blogs/parents/preventing-postpartum-depression>

Ponte, K. (2022, January 10). *Understanding mental illness triggers*. National Alliance on Mental Illness. Retrieved from <https://www.nami.org/Blogs/>