

Wrap up

Maternal Depression Group





Maternal Depression

- Maternal Depression is an umbrella term for all conditions that a new or expecting mother may experience, which can not only negatively affect the mother, but also the entire family system.
- Risk factors include poor sleep, poor diet, and lack of social support.
- Protective factors include a balanced diet, support from the partner and social circle, and a sufficient income.
- Coping skills such as meditation and journaling can help one to overcome adversity.



Discussion & Evaluation