



August: Breastfeeding Awareness Month

by Stretch Your Peso

Health and Wellness Tip of the Week Week 35 – Aug 26, 2019

Emotional Health for Mom

Pregnancy can be an amazing time for new mothers and mothers-to-be. Having a new baby can be exciting, but can also bring on new emotions like postpartum depression. Postpartum depression symptoms are more intense and last longer than “baby blues,” which some new mothers experience due to the worries and late nights.

One in nine women experience symptoms of postpartum depression. If you are experiencing emotional changes and think you may be depressed, talk to your doctor as soon as possible. Your health is just as important as your baby's!

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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