

POSTPARTUM MENTAL WELLNESS SCALE

Use this checklist to help you monitor your mental health status in the postpartum period. Record the number that best describes the frequency that you experience the following symptoms.

Never = 0 Sometimes = 1
Often = 2 Always = 3

Green Zone

Some of these thoughts will naturally occur during the first 6 weeks. Be aware if they are persistent throughout your day and continue week after week. **Values:** 0-12 & 13-24 monitor closely & talk to someone, 25-26 seek help.

	DATE	
I can't sleep, even when baby is sleeping		
I am experiencing headaches and/or migraines		
I feel short of breath		
I am overwhelmed by my thoughts		
I can't sit still or relax		
I feel like I am "losing it"		
I feel that other people think I am failing		
I want to be alone		
I don't enjoy things like I used to		
I feel numb and disconnected		
I don't feel like I am bonding with my baby		
I don't feel "in love" with my baby		
TOTAL		

Yellow Zone

You may naturally experience some of these thoughts or feelings, however they tend to be less common and should be monitored closely. **Values:** 0-12 & 13-24 monitor closely & talk to someone, 25-26 seek help.

	DATE	
I feel sluggish, like I'm dragging myself around		
I feel weighed down		
I have no appetite		
I feel a constant "pit" in my stomach		
I have been experiencing stomach aches and/or back aches		
I feel like I can't focus or concentrate on anything		
I feel anxious and/or worried		
I feel sad and I cry for no apparent reason		
I feel like I am not good at this "parent" thing		
I'm having trouble getting out of bed		
I don't feel like socializing		
I feel overwhelmed		
TOTAL		

Red Zone

These symptoms are severe and require immediate medical intervention. Please do not hesitate to seek help, or attempt to manage them on your own. **Values:** 1-39 seek help immediately.

I am experiencing panic attacks		
I am having scary thoughts that include harming myself, my baby or others		
I have SERIOUS thoughts about harming myself, my baby or others		
I feel like a failure and that my baby would be better off without me		
I feel like a burden and that my family would be better off without me		
I self-medicate with alcohol, drugs or other substances		
I feel like I am hearing or seeing things that other people do not see or hear		
I think that other people want to hurt me and/or my baby		
I feel low, tearful, hopeless, empty inside		
I feel anger and rage that I have never felt before		
I feel anger and/or resentment towards my baby		
I am afraid to be alone with my baby		
I wish that I didn't have a baby		

	DATE	
TOTAL		