



Mills Perinatal Wellness Group, PC

What is Anxiety?

Anxiety is a normal and natural human experience. It can affect a person's feelings, thoughts, behavior, and physical well-being. Some studies established a 20%-25% prevalence of anxiety disorders during pregnancy and 15%-20% in the postpartum period. Common signs and symptoms of anxiety are listed below:

| Signs and Symptoms of Anxiety |
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| Feelings |
| <ul style="list-style-type: none">• Feeling fearful, scared or upset• Feeling irritable• Feeling keyed up or on edge |
| Upsetting Thoughts |
| <ul style="list-style-type: none">• Reoccurring thoughts or images of harm to the baby• Unrealistic or excessive worry about the baby• Worry about being a good or competent parent• Worry about other topics (finances, getting things done, relationships) |
| Behaviors |
| <ul style="list-style-type: none">• "Overdoing" activities like washing or cleaning excessively• Excessively checking, seeking reassurance or doing online "research" about health problems• Avoiding people, places or activities |
| Physical Symptoms |
| <ul style="list-style-type: none">• Trembling, twitching or feeling shaky• Restless• Becoming easily tired• Difficulty concentrating or mind going blank• Trouble falling or staying asleep• Gas, constipation or diarrhea• Being easily startled• Shortness of breath or smothering sensations• Racing and/or pounding heart• Sweating or cold clammy hands• Dizziness or lightheadedness |