Class #2:
ACTIVITIES AND MY MOOD

CLASS OUTLINE

I. Announcements & Agenda
II. General Review
III. Personal Project Review
IV. Relaxation Exercise
V. New Material
VI. Personal Project

I. Any Announcements?
II. GENERAL REVIEW

What do you remember most from the last class?

- Stress can affect your relationship with your baby. You can learn to manage stress by making certain changes in your life. We will talk more about these changes in this course.

- Parents are their children’s first teachers. These are some of the things your baby needs from you:
  - Good communication
  - Reading
  - Music
  - Play

- We learn about how to be a good mother from people in our lives. Have you thought more about what being a “good mother” means to you?

III. PERSONAL PROJECT REVIEW

1. Did you complete your quick mood scale?

2. Did you talk with anyone about the Mothers and Babies Course?

3. If you did not do the personal project, what were some of the obstacles to doing it? What could help you to do it next week?

IV. RELAXATION EXERCISE
V. New Material:  
YOUR MOOD AND YOUR PERSONAL REALITY

- It is important to understand our moods. How do they influence our lives?

- To have a healthy mood, or positive feelings, it is important to learn to how to manage your own reality.

- Our personal reality is divided into two parts:
  1. The reality of our mind:
     - what we think
  2. The reality of our world:
     - what we do
     - with whom we relate
     - the condition of our bodies: our health
     - what happens in our world

This drawing demonstrates how we understand the relationship between our personal reality and our mood.
Activity:
VIOLET AND MARY’S DAYS

INSTRUCTIONS: Violet and Mary are both 8 months pregnant. Circle the number on each panel that represents what kind of mood you think each woman is having.

**VIOLET’S DAY**

9 8 7 6 5 4 3 2 1

I don't feel like getting up.

9 8 7 6 5 4 3 2 1

It is going to be another lousy day.

9 8 7 6 5 4 3 2 1

I'm not going to answer that.

9 8 7 6 5 4 3 2 1

I feel so sad and lonely.

**MARY’S DAY**

9 8 7 6 5 4 3 2 1

I don't feel like getting up.

9 8 7 6 5 4 3 2 1

The warm water feels good.

9 8 7 6 5 4 3 2 1

Hi Nancy... how are you?

9 8 7 6 5 4 3 2 1

I'm so happy that we spent time together shopping for my baby. Do you think she'll look like me?
Activity:
WHAT DO YOU LIKE TO DO?

INSTRUCTIONS: Write down things you enjoy doing. Try to think of some things you can do alone or things you can do with others. There is no right answer- only you know what you enjoy doing!

1. ___________________________  
2. ___________________________  
3. ___________________________  
4. ___________________________  
5. ___________________________  
6. ___________________________  
7. ___________________________  
8. ___________________________  
9. ___________________________  
10. ___________________________

Now write down things you could do after you have your baby. For example, what pleasant activities could you do in the month after giving birth?

1. ___________________________  
2. ___________________________  
3. ___________________________  
4. ___________________________  
5. ___________________________  
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8. ___________________________  
9. ___________________________  
10. ___________________________
## MOOD PROBLEMS AFTER BIRTH

<table>
<thead>
<tr>
<th>POSTPARTUM BLUES or BABY BLUES</th>
<th>POSTPARTUM DEPRESSION (Specific type of Major Depression)</th>
<th>MAJOR DEPRESSION</th>
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<tbody>
<tr>
<td><strong>Description:</strong></td>
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<tr>
<td>• Mild mood shift</td>
<td>• Serious mood disorder</td>
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<td>• Occurs 3-7 days after giving birth</td>
<td>• Occurs after pregnancy—up to 4 weeks after giving birth</td>
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<tr>
<td>• Symptoms last less than 2 weeks</td>
<td>• Symptoms last more than 2 weeks</td>
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<tr>
<td><strong>Symptoms:</strong></td>
<td>• Similar symptoms as in “Baby Blues” but lasting longer</td>
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<tr>
<td>• Mood disturbances</td>
<td>• 5 or more of the symptoms listed under “Major Depression”</td>
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<tr>
<td>- Tearfulness</td>
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<td>- Anxiety</td>
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<td>- Sadness</td>
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<td>- Irritability</td>
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<td>- Emotional ups and downs</td>
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<tr>
<td>• Poor appetite</td>
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<td>• Fatigue</td>
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<tr>
<td>• Headaches</td>
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<td>• Sleep disturbances/insomnia</td>
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<td>• Low self-esteem</td>
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<td>• Negative feelings about family members (including the baby)</td>
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<tr>
<td>• Miss being pregnant</td>
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<td><strong>How Common is it?</strong></td>
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<tr>
<td>• After giving birth, 3 to 8 out of 10 women will have postpartum blues</td>
<td>• After giving birth, 1 to 2 out of 10 women will have this type of depression.</td>
<td>• In a group of 10 women, 1 to 3 will suffer from major depression sometime during her life.</td>
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<td><strong>What to do:</strong></td>
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<tr>
<td>• Get help and support from family members, friends, and other mothers</td>
<td>• See a doctor, nurse, therapist, or counselor as soon as possible</td>
<td>• See a doctor, nurse, therapist, or counselor as soon as possible</td>
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<tr>
<td>• Try to do pleasant activities</td>
<td>• Get help and support from family members, friends, and other new mothers</td>
<td>• If your symptoms get serious enough that you are afraid you might hurt yourself, you may need to stay in the hospital until these symptoms are treated</td>
</tr>
<tr>
<td>• If symptoms worsen or persist beyond 2 weeks, see your doctor</td>
<td>• Try to do pleasant activities</td>
<td>• Get support from others</td>
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</table>
HOW DOES WHAT WE DO AFFECT HOW WE FEEL?

• When people do pleasant activities:
  - They often feel happier
  - They are more likely to have positive thoughts about their lives
  - They are more likely to have positive contact with other people (but there are also pleasant activities that people can do alone).

• When you are feeling down or tired, it is often hard to get the energy to do pleasant activities BUT it may help you feel better and less tired.

• Many activities are pleasurable because they offer us the chance to experience a sense of mastery or a sense of meaning.
VI. Personal Project: QUICK MOOD SCALE

**INSTRUCTIONS:** Every night, before going to bed, circle the number from 1 to 9 that best represents how you feel each day.

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<td>BEST MOOD</td>
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<td>OK/AVERAGE</td>
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<td>WORST MOOD</td>
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**OPTIONAL PROJECTS** (pick one of the following):

1) Do one new pleasant activity next week.

2) Talk to someone who is the mother of a baby and find out two things that babies like to do.