conferenceseries.com

4th Annual Congress on STROKE AND NEUROLOGICAL DISORDERS

December 15, 2021 | Webinar

Mental disease in pregnancy and post-partum depression

Dr. Surabhi Chhabra
Pregnancy Coach And Mentor, Emergency Physician, India

Mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community", according to the World Health Organization. The WHO stress that mental health is “more than just the absence of mental disorders or disabilities.” Peak mental health is about not only avoiding active conditions but also looking after ongoing wellness and happiness Motherhood is probably the most permanent life change a lady makes in her life. It’s just as important to look after mental health and wellbeing during pregnancy as physical health. If lady is mentally healthy, she will be in the best position to manage the challenges of pregnancy and life with a new baby. Pregnancy is often a very happy and exciting time. But not every woman feels this way. Would be mother may have mixed, or even negative, feelings about being pregnant. Many things can affect how a lady feels in pregnancy. These include physical symptoms (e.g. morning sickness), the support she has (or don’t have). Women often worry about how they will cope with pregnancy or having a baby. It’s normal to feel stressed or anxious at times.

CERTAIN FEELINGS INCLUDE

- The changes in the role (becoming a mother, stopping work).
- The changes in the relationships.
- Whether she will be a good parent.
- Fear that there will be problems with the pregnancy or the baby.
- Physical health problems and pregnancy complications.
- Fear of childbirth.
- Lack of support and being alone.

Biography

Dr. Surabhi Chhabra Pregnancy Coach And Mentor, Mental Health Advocate, Emergency Physician, Basic and Advanced Cardiovascular Life Support Instructor, Health Administrator, Leader, Keynote speaker in New Delhi, Delhi, India

surabhichhabra2014@gmail.com