



How to Help a Friend Going through Postpartum Depression

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The other day, someone asked me how I dealt with my postpartum depression and asked for advice on helping a friend going through postpartum depression. This can be frustrating to see a friend go through. Here was my reply...

1. When I suffered from postpartum depression, the best thing anyone did for me was look after my baby so I could either sleep, exercise or hit Starbucks for a decaf and read my favourite magazine. My first born was colicky and I needed a break every now and then.
2. I would suggest you ask your friend, "What do you need right now?", "What would you like more than anything right now?" If she answers, "my bathroom to be cleaned" - by all means do it! :)
3. Some other great things were little gifts like herbal teas and bath soaks to pamper myself. I absolutely loved this peppermint foot spray that Body Shop has. It soothed my aching feet. I also loved a pampering day at the Spa.
4. I had friends cook meals for me that were nutritious and hot. I craved a good hot meal. It took a lot to make a meal so this was SO FABULOUS! I had arranged for 5 friends to alternate meals each week for me. I knew from the first pregnancy that I had to be bold and ask for this kind of help. However, the first time, I was too shy and too afraid to ask. As a result, I was lonely, undernourished and depressed. Ask your friend what her favourite meal is and make it! Or if you aren't a good cook, order it!
5. If your friend is able, take her for a walk with her new baby. Getting outside was THE BEST thing for me! Find a great park or something with paths away from busy traffic. Walk past a playground so your friend can see happy moms and children playing. This was encouraging to me too.

Warning!: Do talk to your doctor before engaging in any exercise routine.

About the Author:

Merri Ellen is a former depression sufferer and mother of 2, wife of 1 hubby, owner of 1 cat. She's beaten it (depression, not the cat) and is on a mission to share the research she spent hours compiling to help others be in the know of what depression really is and how to really treat it.

Enjoy her free report at: <http://www.cure-your-depression.com>

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