

PHILIPS



MENTAL HEALTH AWARENESS
FOR
PREGNANT AND LACTATING WOMEN

Mandatory Instructions

These Instructions listed below are important to be told before the session commence without fail:

- Each session requires due attention of all the beneficiaries as this concept is totally new.
- No topic intends to harm any individual or their personal belief system.
- Efforts have been taken to address certain crude issues that are important for you to know and understand, hence take your time and ask the person training you of simplest doubts you may encounter during the process.
- For better learning all of you are requested to actively participate in all the activities and discussion.
- Adapt the learnings in your day to day lives to find the positive change unfold gradually.



Session 1
**Emotional Wellbeing and
Motherhood**

What do you think when it comes to pregnancy?

Please look at the image below and share your thoughts on how you feel ?



Motherhood

- It is the state or experience of having or raising a child.
- Motherhood when combined with a healthy state of mind results in a healthy and a happy child.
- Preparing to welcome a baby into your life is an exciting time, but also a challenging one. Don't be surprised if you experience some emotional change at this time.

What are the major emotional changes a women goes through? (let the group answer)
Do you think mental health is important? (let the group answer)

Mental health is the capacity to be able to successfully adapt to the challenges that life creates for people. These challenges are both positive and negative. It is a state of wellbeing

- in which every individual realizes his or her own potential.
- can cope with the normal stresses of life
- can work productively and fruitfully
- and is able to make a contribution to her or his community.

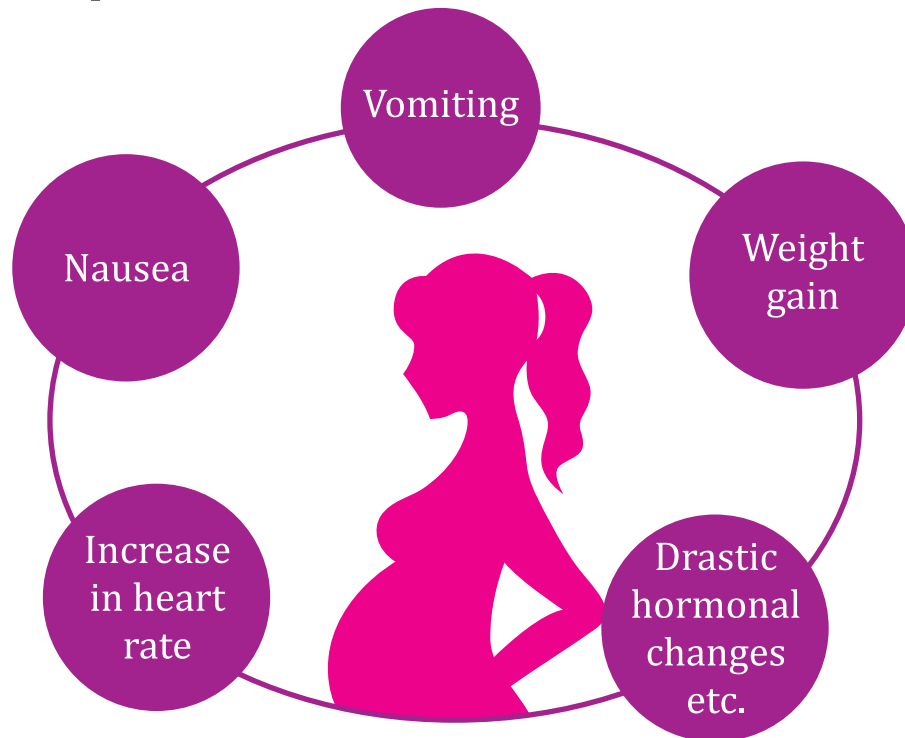
Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Emotional wellbeing during pregnancy

An expectant mother experiences several physiological changes during this period as her body tries to accommodate the baby.

Few most common experiences include:



Besides physiological health a women goes through major changes in her emotionality experiencing thoughts like

- I am so happy, I will be a mother soon
- I feel so irritated all the time.
- I am putting on so much weight.
- I can't fall asleep etc.
- I can't take care of my baby.
- What if something happens to me and my child during the delivery
- What if I am left alone and no one supports me

Remember to talk to your ASHA and ANM regarding the way you feel during the pregnancy, keeping them informed helps you with anything you require , keep your husband and family members informed.

Ask for help when in need



Women on weighing machine and worried



Women vomiting



Women finding it difficult to sleep

Importance of emotional wellbeing and balance during and after pregnancy



During pregnancy

Thoughts/feelings	Consequences
Being ill is in my fate	Greater risk of illness for both mother and baby
If I have excessive anxiety and stress	It can harm the baby
I don't need to take care of anything now the baby will grow automatically, I take care of it after birth	Baby may not have optimal prenatal environment
Family tensions can affect me but will not harm my unborn baby.	Stress in the mother that can be harmful for the baby
I should not be going out of the house	May lose important sources of social support and health care
I don't feel a relationship with my baby. It will happen when he or she is born	More difficulty in developing a bond when baby is born
I cannot take care of myself, how will take care of my baby	Risk of poor health in both mother and baby.

Worry Not !!! It's ok to feel the way you do,
practice these basic things
to remain healthy during pregnancy



Immunization is important to stay away from some of the harmful illnesses during and after pregnancy



Regular check-ups ensures an avoidance of any complications during the course of pregnancy



Eating healthy and consuming IFA's regularly provides better nutrition and health to mother as well as the baby



Support from spouse and family contributes to a healthy psychosocial wellbeing to both mother and child



Staying active and having a social connect helps one remain positive and leads to healthy development of mother and child



Post Delivery

Thoughts/feelings	Consequences
I am so excited and happy for my child to have such a lovely family	Child grows up in a nurturing environment.
I am too tired to think clearly or do anything productive	Stresses build up, leading to even more problems
I am not good enough to be a mother	You may have poor health which can have consequences for the baby
I sometimes feel I don't want this baby, and feel hatred rather than love towards this baby.	Bad feelings may grow and make you feel stressed which is bad for both you and baby
No point to get the baby immunized, My baby will get ill if it's in her fate	Greater risk of potentially fatal illness for the baby
I feel anxious and shy discussing my problems with others.	Increased stress, which is bad for both you and the baby

Congratulations, You are a Mother Now

Here are some tips for you and your child to remain healthy



Sharing problems with people who can render help reduces stress like speaking to ASHA

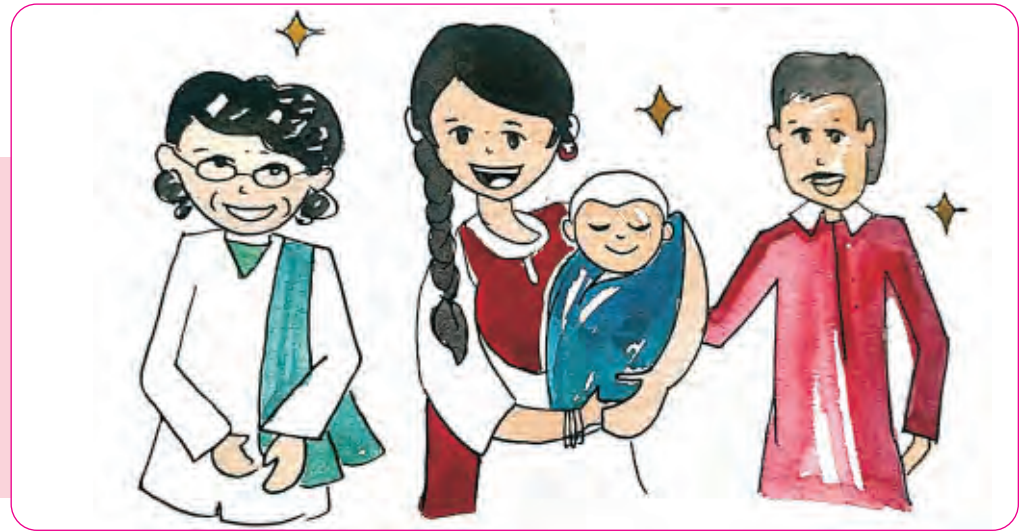


Looking out for early problem signs and actively seeking help from ANM and Doctor can help you avoid major issues in later stages of life



Getting baby immunized is important to protect her from harmful illness

Active involvement of father and other family members yields in better psychological development of child and less amount of stress among women



Eating healthy and developing a positive bond with the child leads to healthy development of child and mother



Doing small tasks to break the cycle of inactivity, keeps you active.



Session 2
**Psychophysiological issues
during perinatal period**

Ask the group how did they like the previous session?

If they shared the information with anyone?

If someone says they did, ask what did they tell?

Summarize the first session by telling them :

- Both prenatal and postnatal care plays a major role for the wellbeing of the child, unhealthy practices during this period can led to birth complications, behavioral issues among children and tragic events during pregnancy.
- Healthy atmosphere, spousal support and family support leads to a stress free pregnancy leading to a comfortable life



Start the next session with the following activity: Either carry a board or paste a chart paper on the wall divide it into two halves. Now Invite everybody to say all the reasons that stops them from talking about how they are / feel one by one and make a note of it in first half . They have to write as many reasons as they can, though aim for more than five reasons in three minutes. After time is up, people may notice that their reasons may be similar so they not alone in thinking that way. Then ask them to share all the ways to overcome their barriers – as many as they can in two minutes and time them. Ask everybody which one barrier will they strive to overcome and how? Give them a deadline – until the end of session to provide their own collective response, to make the game smoother, divide the group in two halves appoint a leader each and instruct the leader to take this procedure further, both the groups collectively decide on the solutions and the should be told the importance of communication and reaching out to people in such cases.

Pregnancy and Motherhood, does it come at the cost of emotional burden to women ? Or is it normal ?

Pregnancy and giving birth can be a stressful time, and it is common for women to feel down or anxious. Few of the most common issues a women goes through are: Baby Blues, Postpartum Depression, Anxiety

Mood Disorders: It can be accompanied by some these common symptoms of sadness and mania which should be reported if the symptoms persists for more than two weeks.



- I just don't know why tears are rolling down my eyes, I low and sad.
- I feel like screaming in anger, I cannot do all this household work
- What if my husband doesn't accept me and my baby
- Oh God! What I am I worried for?
- Today I am so high on energy that I feel like walking around in the entire village and celebrate.
- I am only one kid, how will I care for the baby?
- I am in a good mood to cook, let me call all my friends for a feast.



Women taking steps to remain physically active. Either Yoga, Meditation, Walking



Women talking to the Nurse



Husband supporting women

Anxiety: Persistent thoughts of worry about the baby and individual's health, if the problem begins to interfere with the day to day activity, reach out to someone you trust for help.

- What if my baby is not fine, as I cant sleep or eat ?
- Asha didi informed me about immunization, shall I go for it or not, Is it safe?
- I am having such terrible body pains.
- I am so tired but I cant fall asleep, what if the baby falls down.
- Will I be safe if I deliver my baby at hospital?
- What if someone takes my child away from me ?
- I waited for the baby so long but now I feel so tired and I am not able to bond with her/him.
- Why I am getting the thoughts to harm the baby?

As soon as you know you are pregnant, seek antenatal care for

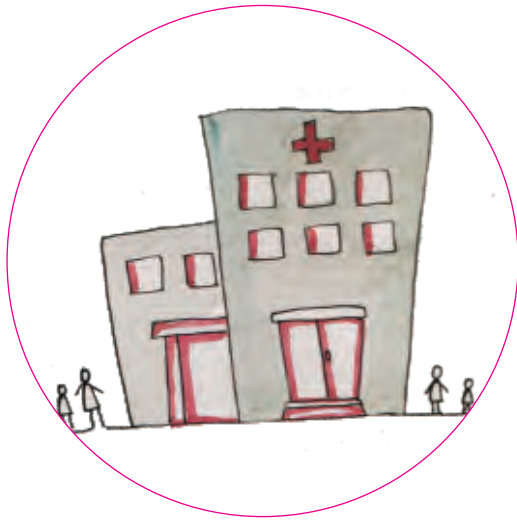
Medical Care



Support and Care



Relevant and timely pregnancy information



Visiting hospital regularly



Women talking to Nurse



Engaging in activities like household chores



Playing with the baby



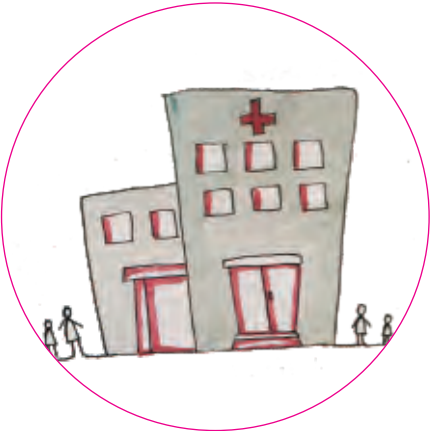
Talking to husband and family members

Post Partum Depression: A mental health issue which effects women in the early weeks of delivery. If the symptoms persist for more than two weeks, its important for the women to seek help



- I don't know the reason for these tears , I cant stop crying and I don't know why.
- I don't feel like feeding my child, I just don't know I want to be all alone.
- I have no energy, I feel so restless but why I am I not able to sleep.
- I am I becoming a bad mother?
- Why is my heart racing so much? Why I am I sweating?
- I don't know the reason behind this intense anger.
- I just want to lock myself up in a room.
- I want to be a part of the celebration that is happening at the village, how awesome will it be to meet some new people

Visit
hospital/
Nurse/
Doctor



Women talking
to Nurse



Peacefully
Sleeping

Stay fit
& happy



Talking to
people family
/community



Eating
healthy food



Women
Breastfeeding
baby





Session 3
Coping strategies and
Positive wellbeing

Ask the group, if they remember what they learnt on the last meeting.

Observe them and their responses carefully, see if anyone has to convey anything important.

Quickly brush through the symptoms of **PPD, Mood disorder and Anxiety** in 5 mins which will help them recollect.



Gather everyone around and divide them in two groups, appoint one leader each for the group. Hand over 5 cards each to the group which will have one problem related to perinatal mental health written. The facilitator to instruct that each member of the group will be passed on the card and within 20 seconds they should suggest the solution, the points and number of solutions given will be noted by each leader and whichever team has the maximum points across the game wins.

The idea of asking them to suggest solutions is to make them think if they encounter any such issues, if yes how do they tackle with them. Stick to the time limit for appropriate results.

Take one step at a time, go slow yet steady!

If This is what you do/think	Why not try for this
No matter what, I cant improve my health, I have no money to buy good food	My health is important – so what If I have limited options, I will keep myself healthy with whatever I have
I don't believe in medications and immunizations, what is there in my fate that will happen	Looing out for problems in pregnancy and getting help early is my responsibility, I will visit my ASHA and ANM regularly to know about my health.
I don't have any positive feelings for my Unborn baby – I must be a bad mother	It is not necessary that positive feeling exist from the start, rather I can give such feelings a chance to grow
I don't want to meet anyone, I don't think people like me	Isolation can be harmful for me and I may lose important sources of social support and health care
I am too busy already, I cant take care of my health	If I am weak and tired, how will my child get good care, I should eat healthy and stay active
I can't interact with my baby, how will they know what I am I talking	So what if my baby doesn't speak yet, I will sing lullaby for her/him, she will start responding to me gradually.
I can't take my child out, evil eye might effect her health, doctors can't do anything	Going out and keeping my child socially inclined is important for her/his good mental health and getting them immunized and checked timely will keep my child healthy

Ask women these questions individually, if anyone seems to have symptoms matching. Suggest them to go to the ANM and Doctor at the earliest



Golden Questions' to detect Mental Health Problems in General Health Care Settings

1. Do you have any problems sleeping at night?
2. Have you been feeling as if you have lost interest in your usual activities?
3. Have you been feeling sad, unhappy or irritable recently?
4. Have you been tired a lot?
5. Have you been worrying too much about things, feeling stressed or tense?
6. Have you been feeling scared or frightened of anything?
7. Have you been worried about drinking too much alcohol recently/using _____ drug (depending on local context)?

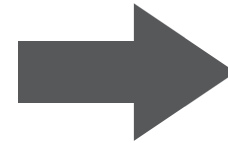
If any of the answers are 'yes' ask more detailed questions to confirm the diagnosis.

Coping strategies and how to tackle this issue

If the symptoms persists for more than 2-3 weeks

- You are advised to inform your ASHA/ANM and see a doctor immediately.
- Keep a constant track of your behaviour

Seek help,
render help



- When in doubt, talk to your spouse, family members
- Remain physically active and eat healthy.
- When encountered with anxious thoughts, don't stay alone.
- Sleep for atleast 8 hours.
- To keep your mind away from all these thoughts meditate.



Instructions to use the Flip Book

Every card has two parts, pictorial depiction for the beneficiaries and the description for the ORW's. The ORW has to use the GATHER approach for interacting with the group.

- G – **Greet:** Greet the beneficiaries, establish rapport with them. Tell them the topic of discussion for the session -
- A – **Ask:** ORW's to ask the beneficiaries regarding their understanding of the flip book/dialogue card-
- T – **Tell:** explain them all the key points covered in the dialogue card
- H – **Help:** Respect and respond to the questions raised by the community in case to any doubts
- E – **Explain:** Understand the questions asked by the individual carefully and then answer
- R – **Return:** It is important for the community to remember what has been covered. Always return for sessions.

Note: Post the sessions please ask them some questions related to the sessions to confirm whether they have understood or not. Please be observant during the entire session to understand if anyone was uncomfortable with any aspect discussed.



For more information contact:

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*Illustrations by **Riddhi Tandon***