**Giovanni A. McKenzie**

 **Milestone 2**

 **Postpartum Depression**

 **History and Humanities Lens**

Whenever we hear the expression "history repeats itself," we frequently identify it with a collection of distinct historical eras, both great and evil, that recur across time. Most of us think of history as a collection of dates, occurrences, and individuals to remember, but history is so much more than that. Wellness has a place in our history whether it is physical or emotional.

Postpartum depression is the psychological illness suffered by the mother following a child birth, which arises typically due to hormonal changes, psychological adjustment to motherhood and fatigue after child birth.

Over the decades postpartum depression has been experienced in more post natal women. The reason behind the depression occurring depends majorly on the social life the woman has before the giving of birth. It is associated with several risk factors such as the quality of romantic relationship and the clinical delivery difficulties. The level of the attachment to the infant also is a predictor to the occurrence of the post partum depression.

Being a prim gravida that is being the first-time mother, has also prove to be the most cause of the depression pre-Nataly. This is because there is psychological change in being a mother. The fears created by being a mother is the number one cause.

All the physical, psychological and the relation changes that are associated with the perinatal period increases the risk of the maternal emotional vulnerability, such as depressed emotions.

Difficulty in interactions with children by the mothers has also led to an increase in the emotions, due to the inexperience of motherhood.

The postpartum depression has negatively affected the ability and availability of the women to adequately take care of their children. Post partum depression has negative effects to the upbringing of the child.

The Depression has been managed through psychotherapy and also through medications in the severe states. Sociological support and psychological support are given through family and friends of the affected members.

Reference;

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