Slide One

There is a prevalence of postpartum depression among women after childbirth. According to Anokye et al. (2018), the condition affects 10 to 15% of women annually. In addition to that, many cases go unreported. Due to that, it is critical to implement psychosocial strategies meant to address this issue. That will ensure women have a high-quality life after giving birth.

Slide Two

Chemical changes in the mother will involve a drop in hormone levels. Progesterone and estrogen tend to increase steeply during pregnancy but fall sharply after the mother gives birth. Such variation tends to cause postpartum depression. The depressive symptoms will typically occur three days after the mother gives birth. There are also different social and psychological changes associated with having a baby, for instance, changing one’s routine and schedules. Such factors might lead to postpartum depression.

Slide Three

Postpartum depression has a significant impact on all members of a family. If left untreated, it will likely affect the mother’s confidence and self-esteem. Therefore, she will probably lack the capacity to have healthy interactions. Additionally, it will impact her caregiving ability negatively. Given her inability to communicate effectively with loved ones, it will tear apart bonds within the family. That is likely to occur in cases where the mother and other family members are not aware of how postpartum depression occurs. Therefore, they are likely to dismiss it as a passing cloud.

Slide Four

The stigma associated with postpartum depression is prevalent within the parenting community. Such stigma means that affected mothers will not seek the help they need to address this illness. Therefore, the woman will be burdened by hormonal changes, sleep deprivation, and life upheavals. Unless the woman speaks out about her struggle, she cannot be helped. Thus, it is critical to eliminate the stigma by investing resources in spreading awareness about this mental health issue (Thorsteinsson et al., 2018). When more people are aware, they seize stigmatizing the issue and encourage the affected to seek help.

Slide Five

My individual framework of perception has shifted considerably after analyzing the issue of postpartum depression. I have realized mental health is an essential aspect of maternal care. People should be educated on postpartum depression to ease its identification and also address the stigma. Dealing with stigma is critical since it ensures mothers affected by this issue seek help from professionals. Consequently, such efforts will aid in addressing this postpartum depression and help mothers be good caregivers to their newborns.

Slide Six

It is critical to understand how wellness is associated with health administration. That will help determine how it can be applied to ensure positive outcomes when offering services to clients. For instance, helping reduce the occurrence of chronic diseases such as diabetes. It will also aid in determining critical topics in health administration. For example, how technology will influence issues related to wellness.

Slide Seven

By understanding wellness, I will live a quality life that positively impacts society. For example, I will influence other people to adopt wellness into how they live. Additionally, I will have the ability to understand how other people feel and hence give an appropriate response to their issues. Consequently, it will strengthen my bond with friends and family. Wellness will also drive me to take part in activities that improve my well-being and that of the community. For instance, taking part in charity work to help the homeless. I will get a sense of fulfillment and improve my community.

Slide Eight

Understanding wellness is a big part of achieving personal growth. A person who understands and values wellness will effectively handle stressful conditions and not let them affect how they interact with people. In addition to that, individuals will learn how to cultivate fulfilling relationships (Stoewen, 2017). A key aspect of wellness is how it helps a person to develop intimate relationships that are fulfilling. For instance, a person will be able to seek out a partner who matches their values. Therefore, an individual who wants to thrive in life must incorporate wellness.

Slide Nine

Wellness plays a critical role from a personal and professional standpoint. Professionally, it influences aspects of productivity and emergency of conflicts. When people focus on wellness, they are likely to be more effective in their work and avoid conflicts. Personally, wellness influences how a person interacts with other people. A person who minds wellness will have positive interactions. Such interactions will aid the individual in cultivating meaningful relationships with family and friends.

Slide Ten

Wellness should be a critical pillar of society, given its positive effects. It will help people develop healthy relationships and enjoy being in the company of their friends and relatives. In addition to that, it aids people in finding purpose and meaning in their lives. That will help individuals have a positive outlook on their lives. In that way, people will thrive and make society a better place. Additionally, the focus on wellness will help eliminate the stigma associated with mental health issues. Notably, people will be more open to seeking help.

**References**

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