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## TRIGGERS
Recent life changes, changes in situation that caused depression

## THOUGHTS
Thoughts about self and other people. Images or memories that come to mind

## MOODS
Emotional reactions (single word to describe mood)

## PHYSICAL REACTIONS
Troubling somatic symptoms e.g. changes in sleep, appetite, energy

## BEHAVIOUR
Changes or improvements an individual would like to make.

### PREVIOUS MENTAL HEALTH
- Long term user of MHS
- See psychiatrist regularly

### TRAUMATIC BIRTH
- Traumatic first birth
- PTSD from previous emergency C Section

### UNPLANNED PREGNANCY
- Baby not planned
- Baby not planned [wanted abortion, could not go through with it]

### ANTI-DEPRESSANTS
- Came off anti-d’s to get pregnant
- Came off SSRI’s when found pregnant

### NEGATIVE THOUGHT
- Thought must be a bad person

### VIOLENCE
- Urge to self-harm

### NOT COPING
- Not coping
- Struggling to cope

### INTRUSIVE THOUGHTS
- Thought child parasite
- Thought I was going to end up a bad person, like a murder or something
- Obsessive thoughts

### FEAR WORRY ANXIETY
- Scared (get pni (Perinatal Mental Illness) after birth)
- Lot of anxiety in the 3rd trimester

### ANGER
- Angry all the time
- Anger

### GUILT
- Guilt
- Felt ungrateful [not to be ecstatic]

### OTHER MOODS
- Mild depression

### CRYING SOBBING
- Can’t stop crying

### SICK
- bleeding
- Felt sick
- Diarrhoea [due to fear inside]

### PAIN
- SPD (Symphysis Pubis Dysfunction)

### SLEEPING
- Couldn’t sleep
- insomnia [want to sleep all the time]

### EATING
- Over eating/binge eating/ no control over eating/overweight

### WITHDRAWAL
- Stay in pj’s for days on end
- Panic going to meetings or the shops
- Lost all my friends. Shut myself in my room
- Find it hard to leave house

### AGGRESSION
- Violent outbursts
- Take it out on my partner
- Pushing my partner away

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