

# WORKSHOP 2 : PREGNANCY AND POST-PARTUM

**\*\*tool-kit to have an emotionally healthy pregnancy**

## **Pre-Conception**

- Decision to conceive/maternal urge
- Conception: Realities around pregnancy

## **Gestational Period**

- Dealing with mixed feelings
- Adjustment
- Mood related changes: anxiety and depression

**Delivery : misconceptions around delivery**

## **Post-Partum**

- Post-partum blues
- Adjustment
- Post-partum depression
- Paternal depression
- Post-partum psychosis

