

## **New mothers are physically and emotionally exhausted, and their husbands have two simple tricks to help them relieve their emotions**



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It is not easy to build a healthy and happy family. Starting from the first trimester, mothers-to-be have to face internal and external changes such as physical appearance, weight and weight, and even psychological and emotional changes. Mothers-to-be who are pregnant for the first time are more stressed and nervous. In addition, the stress may come from the partner and family members around her. I have seen some mothers who are pregnant with their second child and are overly worried because of the urgency of the sex of their child. In fact, children are a gift from God, so we should open our arms and obey God's will, and our families should support us. However, there are many cases of postpartum depression. Therefore, I will share with you the treatment of postpartum depression from the perspective of Chinese medicine.

### **Prenatal and postnatal depression and blood stagnation**

In Chinese medicine, there are six types of depression: qi depression, blood depression, phlegm depression, damp depression, heat depression and food depression. Postpartum depression is quite complex, with qi and blood depression being the most common. The theory of Chinese medicine is that "when evil qi is injured, the right qi will be deficient". The body of the mother-to-be has to give a lot of nutrients and blood to the baby during pregnancy, and the pain, qi depletion and blood loss during the delivery process will cause the mother's body to suffer a lot.

Later on, the mother's busy schedule in taking care of the baby makes her physically exhausted, coupled with unclear dew and incomplete blood stasis,

which causes the internal organs to be out of balance. At this time, the mother starts to feel weak, dizzy and headaches, pain in the lower abdomen, irritability and insomnia, and even affects the secretion of breast milk, such as lack of milk or low milk supply. In this case, the mother will feel frustrated, her emotions will be further affected, she will be irritable and prone to crying, and she will have a sense of loss and emptiness. These are all symptoms of postpartum depression.



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### **Tips to relieve tension**

In fact, postpartum depression can be avoided, and both Chinese and Western medicine have excellent therapeutic effects, so mothers should not be afraid to seek medical help if they start to notice something wrong. To prevent depression, mothers should have a regular routine before and after childbirth, plus dietary therapy and appropriate amount of exercise to maintain physical and mental well-being.



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At home, husbands can perform some simple acupressure points for their wives to help relieve their tension:

1. Accelerate the heart and lung function to help relax the mood

Hold hands together and gently rub to stimulate the Yuzhi point under the thumbs and the Laogong point in the center of the palms, or press these two points with the thumbs for a few minutes.

2. Reduce head swelling and pain

Press the thumbs and middle fingers of both hands against the lateral solar plexus points and gently rotate them up and down for a few minutes to reduce head swelling and pain.

Whether you are pregnant or not, a husband who massages his wife can improve the relationship between the couple and make the family more warm and harmonious. If you have friends who are expecting mothers, remember to encourage each other and share your experience, which will also help mothers-to-be!