



## The Pregnancy & Postpartum Anxiety Workbook

by Pamela Wiegartz and Kevin Gyoerkoe



I have worked with many women over the years who suffer from panic and anxiety, and most do better with that during pregnancy as their hormones seem to protect them. It is after the birth when the hormones crash that they immediately become anxious again.

Women who suffer from depression or anxiety during pregnancy often feel they are doing something wrong as it is "supposed" to be such a time of joy, which causes them to feel more anxiety. Anxiety during pregnancy is universal. I found the workbook a bit basic, but have used it with those mildly anxious. At the end of the day, most books on anxiety offer the same advice — CBTs (cognitive behavioral techniques) that help you change your thinking and therefore change the way you feel.

The workbook offers checklists and psychoeducation about anxiety, PTSD and OCD, but falls short on real interventions that treat them. In the end, they offer information on the need for both the mother and their partner to regulate nutrition, sleep and exercise, which is what we all know improves everyone's self-care. ~**Dr. Michele Winchester-Vega**

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This is a good resource for pregnant women and women struggling with postpartum anxiety. The book provides clear exercises and techniques to manage anxiety during and after pregnancy.

Some of the techniques are basic, but I think most women would still find them helpful. I like how the book was organized and the author's use of key points at the end of each chapter to highlight pertinent information.

Use caution when utilizing this book, as postpartum anxiety and depression can be serious if left untreated. Women should seek professional help if symptoms worsen or persist. ~ **Susan McVey**

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It is wonderful to see attention being given to something that so many women experience — anxiety.

I really like the breakdown of the book. It is easy to understand, provides great explanation, and even goes as far as to summarize the key points. This makes this a very easy read.

In the recent past I have found that many people don't understand what anxiety truly is. They will describe symptoms or a feeling and not realize they are suffering from anxiety. With all the changes hormonally in a woman both during and after pregnancy, making this connection can be even more difficult.

This book provides a foundation of education on what anxiety is and how it can be managed. I really enjoyed it and would recommend it to any woman both during and after her pregnancy. ~**Vicky Sullivan**

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The idea of a workbook for anxiety and postpartum is a good one. However, this book was in my opinion too basic and didn't deliver. The issue of postpartum depression is an important one for many women, and the book only offered two pages on it.

I have used the checklists and psychoeducational interventions with clients. During pregnancy, women normally worry about their unborn child, so it is a time of life often filled with stress. Stress beyond that "norm" would not be affected by a book such as this that is so basic. ~**Dianna Chillo**