

Managing the Shades of Blue:

Is it the 'Baby Blues'? Or something more serious?

- *New baby, but you just don't feel the connection you expected to?*
- *Can't eat, cant sleep and all you want to do is cry?*
- *Angry with your spouse but worried you are being unreasonable?*
- *Feeling guilty and like you just can't cope?*

Around 80% of women and 25% of men suffer some form of 'Baby Blues'. For most, these feelings pass in a few days but if they continue , the issue could be more serious.

Postnatal depression is one of the most common and debilitating conditions facing women - and men - but also one of the least recognised. Untreated, it can have serious consequences.

To find out more about postnatal depression, how to recognise it and what to do about it, join this interactive workshop hosted by Marianne Gilchrist and Shrimathi Swaminathan of Psynaptica@Body with Soul.

Date: Wed 13th October
Time: 10am-11.30pm
Venue: The Green Room, Body With Soul,
44 Rochester Park
Cost: S\$40 per person

To reserve your place, call Body with Soul on 6779 0660

Attendance is limited