

MS11 VT03 Postpartum Blues

[Music]

Did you ever have postpartum blues at all?

I'd be hesitant to even call it postpartum blues because people that do have postpartum blues, it's probably such a different level. I definitely struggled with how I looked. I think that was the biggest shocker. I think working in media, you are bombarded with images of these women just popping right back to their pre-baby self, and I –

Or better.

Or, or better.

Yeah.

And there's always a woman that like gets skinnier after they have babies, and so I just felt like, oh, that's going to be my experience. And it one hundred percent was not. I just remember the first time my mom took me shopping. She's like we've got to get you – let's just get you some like clothes so you - They're not maternity. Let's make you feel better. And I was in the dressing room and the saleslady asked me how far along I was, and I had already had the baby. I just started crying. I was alone.

Oh. Yeah, oh.

It's like you're in the dressing room with the lights, and I never really looked at my stomach really until then. And I remember just staring at it and just...weeping. And my mom was like it's going to get better. That was really tough for me, and it sounds so superficial but I just -

It's part of who you are.

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I just didn't feel like myself then.

So, how did you come out of that?

I think just by focusing on my baby and just realizing that I need to give myself some time. And I think also like shifting – like what is it – what matters most.

Most. Prioritize.

And I would just focus on that. Exactly.

[End of recording]