How I Beat the New Mom Blues

Evita Gahagan found inner strength and, with outside group support, learned how to cope with the difficulties of being a new mother.

March 4, 2010 As told to LaToya Johnson

In 2005, I married my best friend and love of my life. After three months, I was shocked to find myself pregnant. We had talked about having kids, but when reality replaced theory, I was overwhelmed.

Two-and-a-half years later, after giving birth to a healthy, beautiful baby girl, I realized I was suffering from postpartum depression. It was nearly impossible to get out of bed each morning and tackle daily tasks that seemed trivial compared with others. I was suffocating from my fear of not being a good mother. It began to undermine my mothering intuition and to jeopardize my other relationships.

For my sake and my family's, something had to change.

When I realized I could no longer do this alone, I decided to reach out to others for support. Instead of refusing help, I accepted people's offers to babysit and shop. I also prayed with trusted spiritual leaders and felt accomplished by meeting daily goals. I took life day by day, which gave me new hope.

Now I have two children I deeply love and enjoy.

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