

# Benefits of Reiki for Moms with Postpartum Depression

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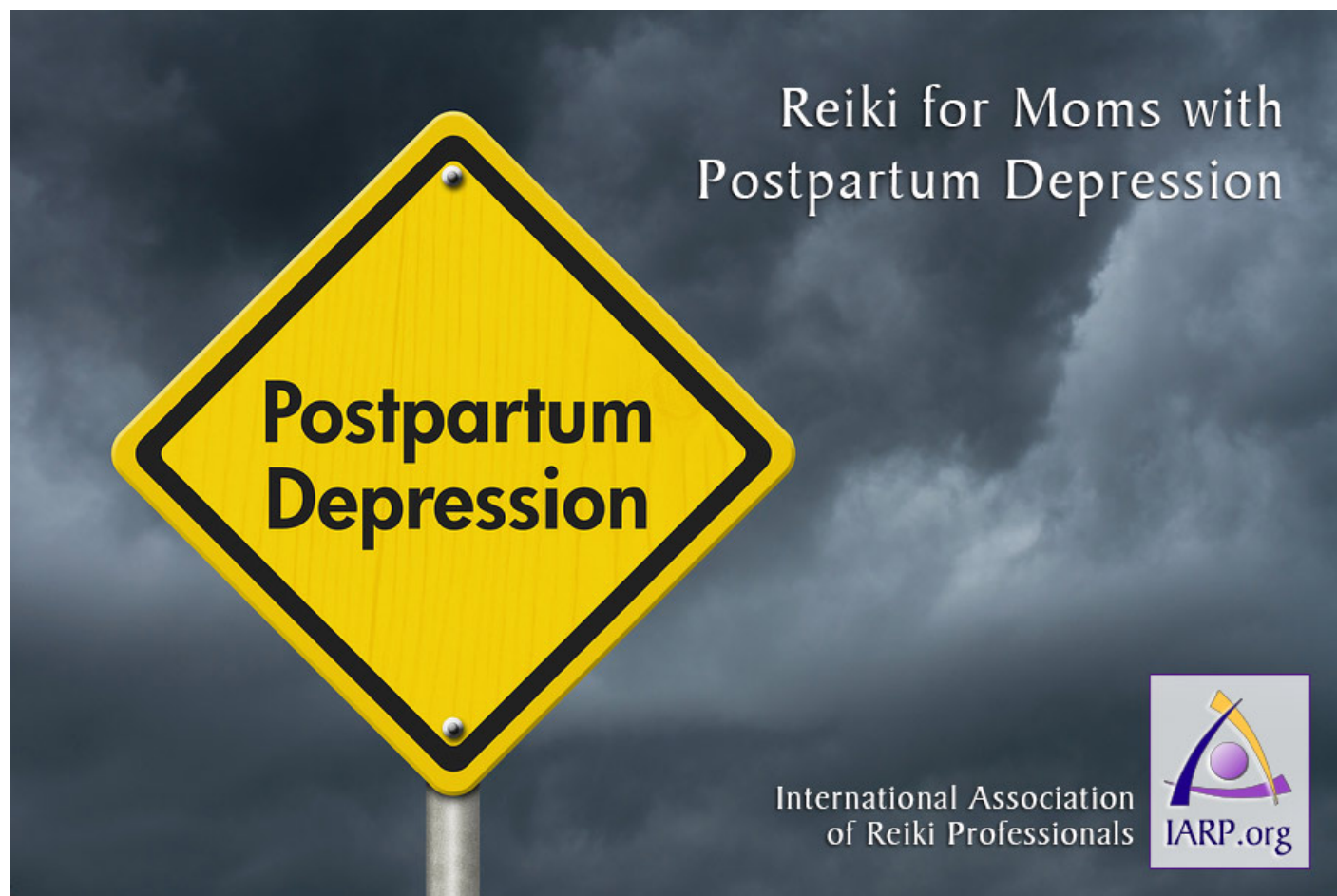
Nearly every new mom feels slightly depressed or overwhelmed at some point during the first few days that follow delivery. However, some women experience a more severe form of depression, known as “postpartum depression.” Postpartum depression is a significant problem worldwide, affecting 10 to 15 percent of women around the globe. Women dealing with this condition may try to alleviate their symptoms by taking medication, getting plenty of rest and attending counseling sessions. However, research has also shown that Reiki may be beneficial to women with postpartum depression.

## How Reiki Can Help

Reiki offers several benefits for moms suffering from postpartum depression. Some of the potential benefits of this therapy include:

### Lower perceptions of stress.

People who participate in Reiki sessions often report feeling less stress. Because stress is one of the most significant factors contributing to postpartum depression in new moms, relieving stress may help to improve the symptoms of depression.



Reiki for Moms with Postpartum Depression

## Connection with another person.

Mothers suffering from postpartum depression often feel alone, withdrawn and disconnected from the people around them. The one-on-one attention received during a Reiki session may help the mother to feel more grounded and connected to the world around her.

## More autonomy.

New mothers sometimes feel as though they have lost control of their lives. Scheduling and participating



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