



मनस् - CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I Experiencing Postpartum Depression?

10 questions for new mothers about mood and emotional wellbeing

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Depression is not laziness. It is not weakness. It is a very real experience that millions carry silently – because they fear being judged. My deepest hope is that this guide helps you feel a little less alone.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I Experiencing Postpartum Depression?

This screener helps new mothers check in with their emotional well-being. It's a gentle way to reflect on your experiences.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Have you been feeling sad, hopeless, or down most of the time recently?
- Have you lost interest or pleasure in activities you used to enjoy, including spending time with your baby?
- Have you felt excessively worried or anxious about your baby's safety or well-being?
- Have you experienced unwanted, intrusive thoughts that disturb you, perhaps about harming yourself or your baby?
- Have you had trouble sleeping, even when your baby is sleeping soundly?
- Have you felt like you are not a good mother or are failing in your role?
- Have you found yourself crying frequently without a clear reason?
- Have you felt disconnected or emotionally distant from your baby?
- Have you experienced sudden episodes of intense fear or panic?
- Have you had thoughts of harming yourself?

Score: Count the number of 'Yes' answers. This gives you an idea of how you are coping.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Adjusting Well

It sounds like you are navigating this new phase with resilience. Remember to continue prioritizing self-care.

SCORE: 4-6

Mild Concern

You might be experiencing some common challenges of new motherhood. Gentle self-compassion and seeking support can be very helpful now.

SCORE: 7-8

Moderate Concern

These feelings suggest you may need additional support. Please consider reaching out to a trusted friend, family member, or a healthcare professional.

SCORE: 9-10

Significant Concern — Seek Help Now

Your well-being is crucial. It is highly recommended to seek professional support immediately to discuss these feelings and get the care you deserve.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, asking for help is a sign of strength, not weakness. Take small steps to connect with support systems around you.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What is one small thing you can do for yourself today?

2. Who is one person you can talk to about how you are feeling?

3. What is one thing you appreciate about yourself as a mother right now?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Moments for New Mothers

Guided meditations and exercises for postpartum peace.

₹199

2

Partner Support Guide

Tips for partners to support new mothers effectively.

₹99

3

Postpartum Self-Care Planner

A printable planner to schedule essential self-care.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Healing is not linear. But every single step – however small – counts. I am proud of you for taking this one."

– Dr. Priya Dubey Sharma

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manas365.com

Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224