

POSTPARTUM RAGE

WHEN ANGER FEELS BIGGER THAN YOU EXPECTED

Experiencing intense anger after having a baby can feel confusing and often very shameful.

When people talk about postpartum mental health, they usually mention sadness or anxiety. But for many parents, **anger and irritability are part of the experience too.**

“Postpartum rage” isn't its own diagnosis.

However, strong anger and irritability can occur alongside postpartum depression or anxiety and sometimes appear on their own.

Postpartum rage is common and it can improve with support.



WHAT IT CAN FEEL LIKE

You might notice:

- Sudden, intense anger that feels bigger than the situation
- Snapping or yelling at a partner or older children
- Feeling like you are losing control in the moment
- Wanting to throw things or slam doors
- Feeling hot, shaky, or like your “blood is boiling”
- Guilt or shame right after
- Thoughts like “What’s wrong with me?” or “I’m a bad parent”

These reactions can feel automatic and hard to stop in the moment.



WHAT CAN HELP

When you feel anger building, focus on creating a pause:

- Take 5 to 10 slow breaths with a longer exhale
- Place your baby in a safe place and step away briefly
- Eat, drink water, or rest if possible
- Reduce stimulation such as noise or light
- Ask someone for help

Even small pauses can help your nervous system reset.



WHY THIS HAPPENS

After birth, your nervous system is under a lot of strain.

Common contributors include:

- Hormonal changes
- Sleep deprivation
- Constant stimulation such as crying or noise
- Feeling unsupported or overwhelmed
- Relationship stress or uneven responsibilities

Anger is often a signal that something needs attention, not a sign that something is wrong with you.



WHEN TO SEEK SUPPORT

It may help to seek support if:

- Anger feels frequent or hard to control
- It is affecting your relationships
- You feel overwhelmed by guilt or shame
- You are not feeling like yourself
- You are having thoughts of harming yourself or your baby



GETTING SUPPORT

Anger in the postpartum period does not mean you are a bad parent. More often, it means you are overwhelmed, exhausted, and in need of support.

Support can look like:

- Talking with your OB-GYN or healthcare provider
- Connecting with a mental health professional who specializes in perinatal mental health
- Finding local or virtual support through Postpartum Support International www.postpartum.net