

About Us

Pandas Foundation (Pre And postNatal Depression Advice and Support) has been set up to support individuals and their families who are living with Pre and Postnatal Depression.

Our primary focus is that no parent should feel alone when suffering depression, whether it is during pregnancy or following birth.

We aim to understand the individual behind the illness and give them the advice, guidance and support they need to help aid their recovery.

Pandas Foundation offers a variety of support services; website and online community, telephone help line, email and local support groups.

Why we are here

In the UK:

- 1 in 4 people will experience a mental health problem in any given year
- A number of studies indicate that 10-15 per cent of new mothers will experience Postnatal Depression
- Close to 90 per cent of those who die by suicide have a mental disorder. Of these suicides more than 60 per cent are thought to have been experiencing a depressive illness at the time

Support available

Pandas Foundation offer a variety of support mechanisms including;



- Email Support - info@pandasfoundation.org.uk



- Website - www.pandasfoundation.org.uk



- Pandas Support Groups - Find your local group by visiting our website

Pandas Help Line
0843 28 98 401

Phone lines are open 9am till 8pm. Mon - Sun

Knowing where to find answers to your questions, or having someone outside the family to talk to who has experienced similar situations, can often make a real difference to life with pre or postnatal depression.

Pandas Foundation

Pre And post Natal Depression Advice and Support

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Postnatal Illness
& Panic Attacks

Pandas Foundation

Pre And post Natal Depression Advice and Support

What is a panic attack?

A panic attack is an exaggeration of the body's normal response to fear. When we fear something the body produces a chemical called adrenaline which is normally needed to run from danger, to fight or even to get angry. When you are having a panic attack it is overproduced and results in many unpleasant sensations.

A better way of explaining panic attacks would be to use adrenaline flushes or adrenaline surges. This describes exactly what is happening and sounds much less alarming.

Symptoms of a panic attack

Fear, bewilderment, disorientation, feelings of unreality, heightened perception, feelings of gloom and doom, irritability, dizziness, sweating, palpitations, tight chest, pain in the chest, ringing in the ears, tingling in the hands, feet or around mouth, fainting.

Who has panic attacks?

Anyone can, we all run on adrenaline, therefore we could all suffer a panic attack at some time in our lives.

What are the causes of panic attacks?

Emotional: this could be caused by your postnatal depression, exhausted nerves causing anxiety.

Physical : muscle spasm or hyperventilation (over-breathing) Physical: dieting, tight clothes.

What you can do

If you feel that your symptoms are severe like pains in the chest, you should seek medical advice from a doctor. There are other self help strategies to get over panic attacks.

Controlling your breathing

Being able to delay breathing out helps to slow down the metabolic rate which in-turn would reduce the flow of adrenaline and help to control feelings of anxiety.

As you breathe in: lift the diaphragm, expand the chest and ribs and slightly lift the shoulders.

As you breathe out: let your shoulders fall, let your ribs sink back and pull the tummy in and then gently up to push out the last of the air.

A Health Diet

Key principles are to try at all times to avoid foods and substances that are quickly absorbed into the blood stream in order to minimize rapid changes of the level of glucose in the blood, these are normally foods with high sugar levels. Eat lots of fresh fruit, large quantities of vegetables and complex carbohydrates. See the health living booklet for detailed information on eating and diet.

Reducing the tension

If you find you have tension in the head, neck or shoulders either find someone willing to massage those areas or seek a professional, either way is effective.

Getting enough exercise, daylight, sunlight and fresh air

By not getting enough of the above you can affect many different parts of your body. Muscles are affected when not exercising by a build-up of crystals which are formed from the waste products of digestion. The lymphatic system removes this but if this system doesn't have circulation caused by muscle contraction the waste isn't taken away. The results can be a collection of fluid in the tissues. For more information on exercise please see our health living booklet.

Sunlight - lifts the mood, makes vitamins, kills germs and revitalizes us.

Fresh air - keeping your home well ventilated and take breaks from computer screens.

Daylight - we require light to get required vitamins such as vitamin D

Quick exercise to reduce panic attacks

Tension release - This can be done anywhere. Sit down with your back straight but not stiff, put your hands palm upwards in your lap and place your feet together flat on the floor. Droop your head a little, take a slow complete breath and as you let it out let your shoulders drop and allow your thighs and knees to fall outwards. Imagine a beautiful, blue sparkling light which starts about a foot above your head; let it ripple through your body and out of the soles of your feet into the floor and it will take your tension with it. If you practise this regularly you will be surprised how effective it is.

The wet dog shake - Picture a dog when he shakes from tip to tail. By doing the same it will help relax all the muscles in your body. Hold onto something if you need to and take it gently if your suffer with back problems.

Laughter is a great muscle relaxant. It also gives all your internal organs a massage.

