

Gloria Niemi | PPD & Mom of 8 with One on the Way! [\[Watch replay here\]](#)

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Detailed briefing document reviewing the main themes and most important ideas.

Summary:

This transcript features an interview with Gloria, a mother of eight preparing for her ninth child, who shares her extensive history with postpartum depression. Having faced the condition during seven of her pregnancies, she explains how she eventually found healing by prioritizing emotional connection and nervous system regulation. The conversation examines depression as a sliding scale rather than a binary state, highlighting how factors like unresolved trauma and lack of support influence a mother's mental health. Gloria encourages struggling parents to view their symptoms as a message for deeper healing rather than a personal failure or permanent brokenness. Ultimately, the source serves as a guide for recognizing red flags, seeking external help, and rediscovering self-love within the transformative journey of motherhood.

Questions and Answers

- **Question:** When did you first realize you were experiencing postpartum depression (PPD) and when did you seek support?
 - **Answer:** Gloria did not realize she had PPD after her first child; she simply felt "broken" and that something was wrong with her because she did not feel an immediate "wash" of love,. She began noticing patterns by her second or third pregnancy but did not reach out for professional help from a coach or therapist until after her fifth baby.
- **Question:** How can a mother navigate the fear of PPD recurring in subsequent pregnancies?
 - **Answer:** Gloria suggests that mothers identify their specific triggers and put support systems in place before the baby is born to avoid the same path. She also encourages being willing to feel whatever comes up, viewing the depression not as a

sign of being "broken," but as an indicator that a deeper level of healing or a shift in external support is needed.

- **Question:** How do hormones, the mind, and the environment interact in PPD?
 - **Answer:** While there is a hormonal component to PPD, Gloria argues it is not the only cause, as most mothers experience a hormonal shift ("baby blues") but not all descend into deep depression,. Whether a mother spirals depends on her internal state, including her nutritional status, relationship with her body, external support systems, and any unhealed wounds from her past.
- **Question:** What are the "red flags" or signs that indicate a mother needs support?
 - **Answer:** Gloria utilizes a sliding scale to categorize depression as mild, moderate, or severe based on the frequency, duration, and impact on quality of life,. Mild depression may involve waves of hopelessness while still functioning, while moderate depression makes basic tasks like laundry or scheduling appointments feel overwhelming,. Severe depression is characterized by hallucinations or persistent thoughts of death.
- **Question:** Does postpartum rage fall into the category of depression?
 - **Answer:** Gloria views rage and depression as "flip sides of the same coin" viewed through a nervous system lens,. In this framework, rage is the "fight" response of an activated nervous system, while depression is the "freeze" or "shut down" response when a person feels they cannot fight or flee.
- **Question:** What are the first steps a mother should take toward healing?
 - **Answer:** The very first step is to tell one trusted person, such as a husband, friend, or therapist, because healing is not meant to be done alone,. Additionally, accepting where you are is vital to removing resistance, which then allows for the process of change to begin.
- **Question:** How can loved ones best support a mother experiencing PPD?
 - **Answer:** Supportive partners should believe in the mother's ability to change and remain a voice of hope when the depression tells her things are pointless,. It is also helpful for loved ones to not take the mother's symptoms personally and to recognize that she is going through a massive transition.

- **Question:** Is PPD an individual issue or a cultural one?
 - **Answer:** It is both; Gloria describes the mother as the "canary in the coal mine," signaling that the current social system or support structure is not working,. Healing requires the community to change its expectations and support for mothers while the individual mother looks at her own internal triggers.
- **Question:** What is the connection between childhood wounds and PPD?
 - **Answer:** Gloria believes healing one's own "mother and father wounds" is a primary factor in overcoming PPD. When a woman becomes a mother, her definitions of motherhood and any unresolved traumas or "lies" she believed as a child often surface to be healed.
- **Question:** Can a mother struggle with PPD and still be a "good mother"?
 - **Answer:** Gloria believes the answer is "100%" yes. While depression can impact a child's attachment and regulation, Gloria views the struggle as a lesson for both the mother and the children, and she asserts that a mother's healing process will have the positive impact she is meant to have on her kids' lives.