

DYSPHORIC MILK EJECTION REFLEX (D-MER)

To explore

- Talk to a Nourri-Source breastfeeding volunteer
- Realize that it's a physiological reaction
- Skin-to-skin contact between feeds
- Try to relax or take your mind off it
- Consult a health professional for treatment



Consult a
health
professional
for more
information

Emotions that can be felt

- Intense sadness
- Feelings of running away, panic
- Guilt
- Loss of self-esteem
- Anger, hostility, aggression
- Anxiety and paranoia
- Depressive mood, negative thoughts