

Dr. Faisal Tai of PsychPlus Quoted in Giddy on Postpartum Euphoria



Coming Down From Postpartum Euphoria

When feelings of joy after birth don't end, it is a problem. Hypomania is surprisingly common.



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Postpartum euphoria symptoms

Boundless energy (even when you aren't getting much sleep) and happiness don't sound all that bad. But guess again. Postpartum euphoria has plenty of downsides and may warrant a visit to your healthcare professional.

"Often initially perceived as 'supermoms' who are energized and can function for long periods without rest, sufferers also exhibit impulsive and sometimes manic behavior, experience racing thoughts and struggle to concentrate," explained [Faisal Tai, M.D.](#), a board-certified psychiatrist and the CEO of PsychPlus in Houston.