

Healthy Ways to Cope with Stress During Pregnancy

Did you know that women who experience high levels of stress are at a greater risk for giving birth too early or having a baby with a low birth weight? The good news is you can learn to beat stress!



Eat, Sleep & Repeat: Eat meals that are balanced and healthy. Eating more fruits and vegetables can make you feel calmer and happier. Make sleep a priority. Your body is working hard to nourish your growing baby.

Hydrate and Feel Great: Staying hydrated can keep your stress levels down. Ask your provider how much you should drink. Drinking plenty of water throughout the day is key to preventing dehydration.

Make Time For You: Discuss with your provider ways to incorporate some physical activity into your daily routine. Regular physical activity can also improve the quality of your sleep.

Just Breathe: Give meditation, prenatal yoga, or stretching a try. Other ways to relax could be reading, listening to music, playing a game, coloring, soaking your feet or taking a warm (not too hot) bath.

Be with Nature: Taking a walk in a park or outside somewhere relaxing can calm your mind. Many people lack Vitamin D, the sunshine vitamin, which can help boost your mood.

Just Say No: Learn to say no and don't overcommit to doing too much. Prioritize your to-do list and feel good after you complete a task. Remember to accept help from others.

Focus on the Good: Don't dwell on the negative. Focusing on solutions to your problems will help put you in control of the situation. Surround yourself with positive people.

Phone a Friend: Share your problems and talk to a friend, family member, or other support person on how you are feeling and release some of your built up tension.

Attitude of Gratitude: Start a gratitude journal. Think about all of the things in your life that you are thankful for. Gratitude is linked to lower levels of the stress hormone cortisol in your body.

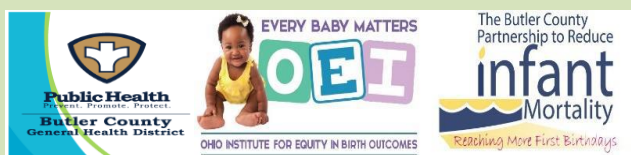
Take a Break: If news events or social media is causing you stress, try to limit the time you watch the news or spend on social media. Don't compare yourself to others as we are all on our own journey.

Have a Laugh: Laughter is one of the body's best ways to relax and can make you feel happier. Not in the mood for a laugh? Even a fake laugh can have positive benefits.

Knowledge is Power: Take a childbirth education class so you know what to expect during pregnancy and after your baby is born. There are also free apps available to help you beat stress.

Get Help: If you are feeling worried all the time, losing interest in your life, feeling hopeless, sleeping or eating more or less than normal, or engaging in unhealthy behaviors, seek help right away.

Call 211: Call 211 to learn about Butler County Community Resources to assist you in your pregnancy.



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