Managing Your Stress for a Healthy Pregnancy

Pregnancy itself can be stressful. Combined with other factors, stress during pregnancy can sometimes feel more intense. Fortunately, managing stress might be easier than you think.

Ways to Reduce Stress

Stress can be managed by learning some simple, helpful relaxation techniques, such as breathing, meditation, exercise, and adopting a healthy diet. Here are some tips to help reduce stress during your pregnancy:

Take Deep Breaths
Sit comfortably and put your hand on your belly. When you inhale, let your belly rise instead of your shoulders.

Exercise
Physical activity is one of the best ways to relieve stress. Before starting any exercise program, make sure to check with your doctor or healthcare team about exercises that are safe to do while you are pregnant.

Relax Your Muscles
Learning techniques to relax your muscles will help to relieve overall stress in your body. Start by tightening the muscles in your feet by flexing them. Then, let them relax slowly. Repeat with your lower legs, and on up with each part of your body.

Eat Healthy
Eating a healthy, well-balanced diet will help provide you with the physical and emotional energy you will need throughout your day.

Meditate and Imagine a Quiet Place
Meditation has been a practiced relaxation technique for many years. To meditate, close your eyes and imagine a quiet place. Rest a hand on your belly, picture your body being a safe, comfortable place for your baby to rest and grow.

For more information about stress and relaxation during your pregnancy, speak with your doctor or healthcare team.