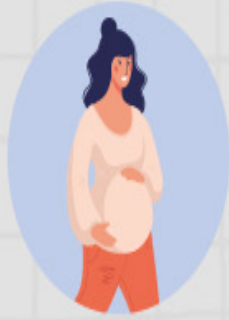


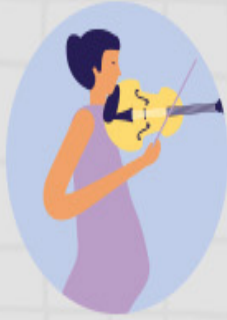
Dealing With **CRYING SPELLS** During Pregnancy



When alone at home, you may try:



Going for a walk and being socially active



Singing or playing a musical instrument



Engaging in a hobby that you love the most

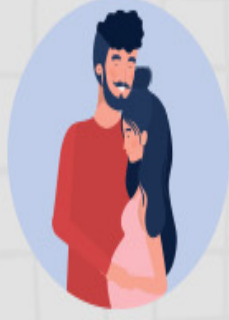


Speaking about your feelings with a friend or confidant



Watching a pleasant movie with a friend or family member

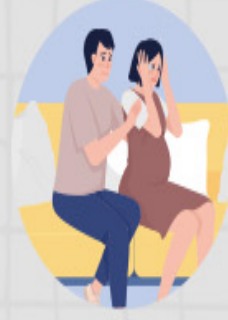
When with your partner, you may try:



Speaking about your views during every phase of pregnancy



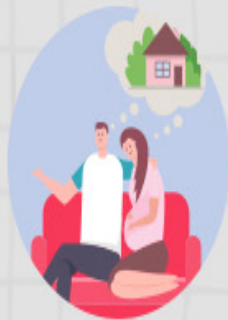
Considering taking antenatal classes together



Discussing your family traditions, hopes, and fears



Communicating honestly about your sexual desires



Planning your finances if that is a concern

References:

1. 10 tips to relax in pregnancy; Tommy's
2. Feelings, relationships and pregnancy; Pregnancy, Birth & Baby