

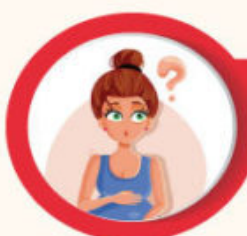
Mental Health During Pregnancy



Common Mental Health Issues In Pregnancy

- Anxiety
- Stress
- Tokophobia (fear of childbirth)
- Depression
- Mood disorders
- Post-traumatic stress disorder
- Panic disorder
- Obsessive-compulsive disorder

Tips To Improve Mental Wellbeing In Pregnancy



Reframe thoughts

Connect with friends and family



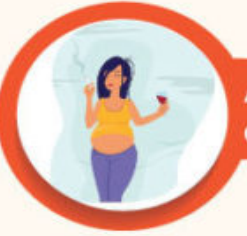
Attend antenatal classes

Practice mindfulness and breathing techniques



Practice regular physical activity

Eat healthy balanced meals



Avoid smoking, alcohol, and substance use

Avoid comparing yourself to other pregnant women



Get enough rest and sleep

Take prescribed psychiatric medications



Seek counseling and support

References:

1. Psychiatric Disorders During Pregnancy; The MGH Center for Women's Mental Health
2. Mental Health In Pregnancy; National Health Services